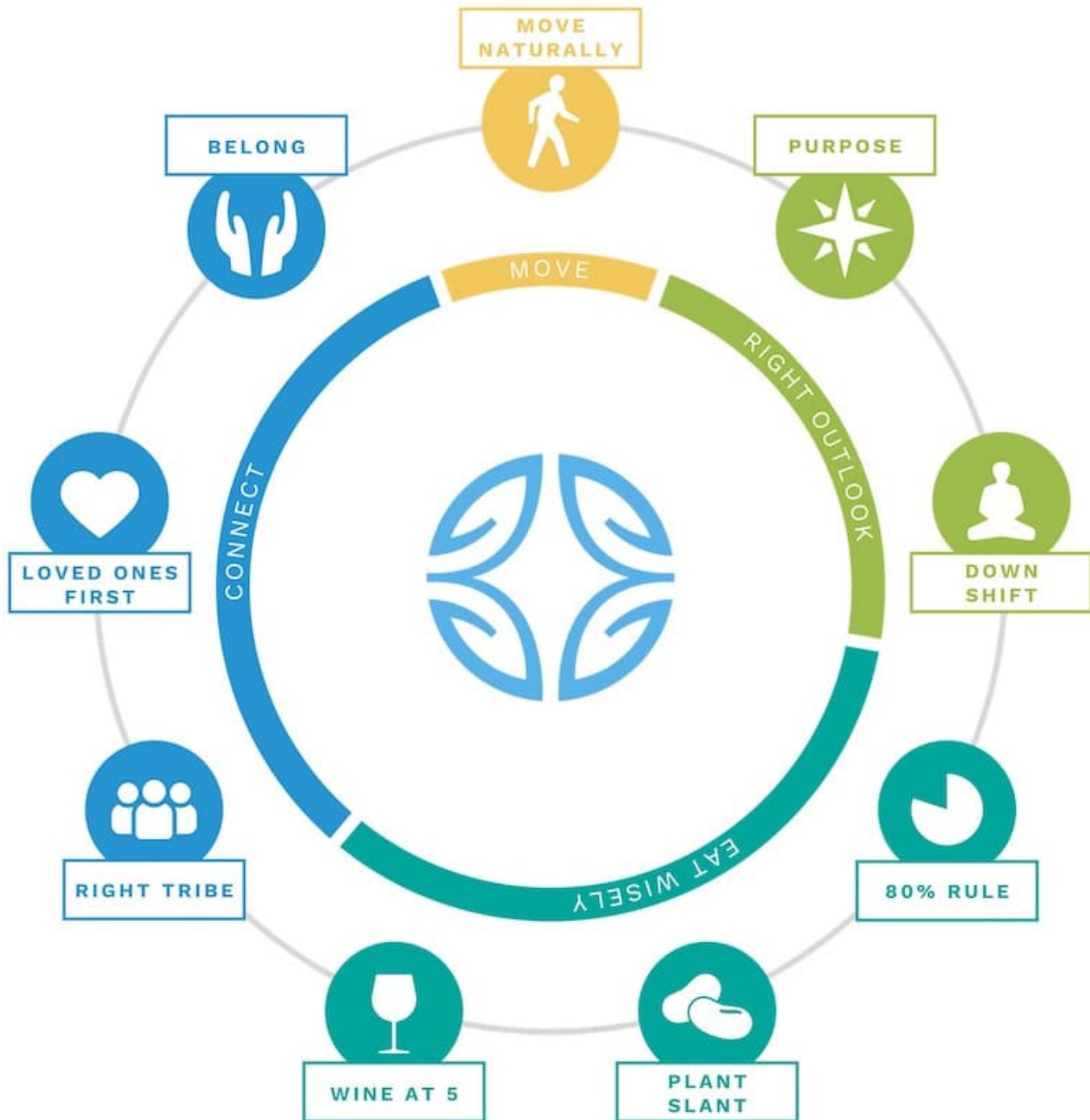




The Reset.

A Market for Modern Wellbeing

The Power 9- Principals of the Blue Zones



The Power 9 principles

- **Move Naturally:** Integrate natural movement, like walking or gardening, into your daily routine instead of dedicated gym time.
- **Know Your Purpose:** Having a sense of purpose in life can add years to your life expectancy.
- **Down Shift:** Create routines to regularly de-stress, such as napping or taking a walk.
- **80% Rule:** Stop eating when you are 80% full, as it takes time for your brain to register that your stomach is satisfied.
- **Plant Slant:** Make a plant-based diet, with fewer meats, the foundation of your meals.
- **Wine @ 5:** Drink one or two glasses of wine per day with friends and/or with food.
- **Belong:** Regularly attend faith-based services, which has been linked to a longer life.
- **Friends @ Five:** Make time to see friends every day or at least four times a week.
- **Positive Pack:** Invest in the relationships that matter most by surrounding yourself with healthy-minded people.