

# Move Naturally

*Live Longer, Healthier,  
and Happier — One Step  
at a Time*



BLUE ZONES™ HEALTH

# The Power of Natural Movement

In blue zones regions, centenarians don't rely on strict workouts or gym memberships. Instead, they integrate movement naturally into their daily lives—whether it's walking to visit a neighbor, gardening, or doing household chores. This effortless incorporation of movement is the secret to their long, healthy lives.

## Examples of Natural Movement in the Blue Zones Regions:

- 📍 **Sardinia, Italy:** Shepherding and farming in rugged landscapes.
- 📍 **Nicoya, Costa Rica:** Walking to visit friends and cultivating crops.
- 📍 **Loma Linda, California:** Walking regularly and doing household tasks.
- 📍 **Ikaria, Greece:** Gardening and foraging for herbs.
- 📍 **Okinawa, Japan:** Tending to gardens, floor sitting, and practicing tai chi.



# What Does “Move Naturally” Mean?

The “Move Naturally” principle emphasizes incorporating movement into everyday life without it feeling like exercise. In blue zones regions, movement isn't a task—it's part of daily living. Whether it's walking to the store, tending to a garden, or completing household chores, centenarians naturally stay active by embedding movement in their routines.

The key is consistency and ease—movement that's effortless and sustainable over time. By creating environments and habits that promote regular activity, blue zones residents maintain good health and longevity.

## Key Aspects of the “Move Naturally” Principle:

- ✓ **Integrated Movement:** Incorporates daily activities that require physical effort, like walking and gardening.
- ✓ **Consistency:** Prioritizes regular, manageable movement rather than intense, isolated workouts.
- ✓ **Active Environments:** Living in places that encourage movement, such as walkable neighborhoods and outdoor spaces.
- ✓ **Natural Habits:** Movement is part of the routine, not something that has to be planned.

# Why Movement Matters for Longevity

Movement isn't just for fitness—it's a key ingredient for a longer, healthier life. By embracing the Blue Zones® principle of "Move Naturally," you're improving your health in ways that go beyond the physical.



## Improved Heart Health:

Regular, moderate movement strengthens the heart and improves circulation.



## Reduced Risk of Chronic

**Diseases:** Natural movement reduces the risk of conditions like diabetes, hypertension, and dementia.



## Enhanced Mood & Creativity:

Movement stimulates the release of endorphins, making you feel happier and more creative.



## Stronger Social Connections:

Regular activity promotes interaction with others, fostering social bonds and emotional health.

# Why Every Movement Counts

Small movements like standing, fidgeting, or even pacing add up over time, improving your overall health and helping you stay active throughout the day.



## Increased Daily Movement:

Small actions like standing up to talk on the phone or pacing while working help to maintain healthy circulation and energy levels.



## Improved Metabolism:

Activities boost metabolism, helping to maintain a healthy weight and prevent metabolic diseases.



**Increased Energy:** Small movements throughout the day can help keep your energy levels high, reducing the effects of fatigue.



# The Healing Power of Nature

Spending time outdoors has profound effects on both the body and mind. Activities like walking, hiking, or practicing yoga in green spaces improve physical health and mental clarity. In the blue zones regions, nature is a regular part of life, supporting overall well-being and longevity.

- ✓ **Boosts Mental Clarity:** Nature reduces stress, clears the mind, and enhances focus.
- ✓ **Improves Physical Health:** Outdoor activities strengthen bones, muscles, and joints, promoting long-term health.
- ✓ **Connects You to the Environment:** Being outdoors grounds you, connecting you to the earth and the present moment.



# Walk Together, Live Better

Moai, a concept from Okinawa, refers to social groups formed in childhood for lifelong support. Blue Zones applies this idea in the U.S. through Walking Moais™—groups of friends or neighbors who meet regularly to walk, promoting physical health and emotional well-being through connection and community.

## Benefits of a Walking Moai:

- ✓ **Social Bonds:** Strengthens relationships and reduces isolation.
- ✓ **Accountability:** Walking with others increases motivation and helps you stay consistent.
- ✓ **Mental Health:** Social interaction and walking together together reduces stress, boosts mood, downshifts, and increases happiness.” To be consistent with the tenses of the other benefits.
- ✓ **Longevity:** Regular physical activity with others contributes to better health and a longer life.

## How to Form or Find Your Moai:

- ✓ **Forming a Moai:** Start with a small group of friends, neighbors, or colleagues who enjoy walking. Commit to regular walks together.
- ✓ **Finding a Moai:** Join local walking groups through community centers, apps like Meetup, or ask friends and neighbors to join you.

# Enhancing Flexibility, Balance, and Well-Being with Stretching and Yoga

Stretching and yoga are simple practices that support flexibility, balance, and relaxation—key components of living a long and healthy life.

## Benefits of Stretching and Yoga:

- ✓ **Enhances Flexibility:** Stretching supports mobility and reduces the risk of injury.
- ✓ **Improves Balance and Stability:** Practices like yoga and tai chi reduce fall risk and enhance stability.
- ✓ **Supports Joint Health:** Reduces stiffness and improves mobility.
- ✓ **Mental Clarity & Stress Reduction:** Yoga calms the mind, reduces anxiety, and enhances relaxation.

## Incorporating into Daily Life:

- ✓ Easy to do at home with minimal space required.
- ✓ Fits into any schedule, whether it's 5 minutes of stretching or a short yoga session.



# Design Your Life for Natural Movement

Making your environment conducive to movement encourages healthier habits. Small changes in your home or office can make it easier to move throughout the day.



**Use a Standing Desk:** A standing desk encourages you to stand and move more during the day.



**Keep Walking Shoes by the Door:** This reminder will prompt you to take a walk when you're feeling sluggish.



**Arrange Furniture to Encourage Movement:** Position chairs, tables, and other furniture to encourage standing or pacing.



**Limit Screen Time:** Take breaks every 30 minutes to stand, stretch, or walk around.



# Move Naturally Challenge

This 4-week movement plan will help you gradually incorporate natural movement into your day. It's designed to be flexible and enjoyable, so you can stick with it long-term.

## Week 1:



- ✓ **Start Small:** Begin with short walks (10-15 minutes) and incorporate stairs whenever possible.
- ✓ **Mindful Movement:** Practice tai chi or stretch for five minutes in the morning and evening. If you work at a desk, add a free movement or stretch extension to your browser to be prompted to move during the day.
- ✓ **Socialize:** Join a walking group or set up a weekly walking date with a friend.
- ✓ **Identify Your “Ikigai”:** Reflect on activities that bring you joy and purpose.

## Week 2:



- ✓ **Increase Duration:** Gradually extend walks to 20-30 minutes.
- ✓ **Incorporate Gardening:** Spend time gardening or doing yard work for extra movement.
- ✓ **Active Hobbies:** Join an activity group that meets regularly, like a dance class or water aerobics class.
- ✓ **Mindful Breathing:** Practice deep breathing exercises during movement.

## Week 3:

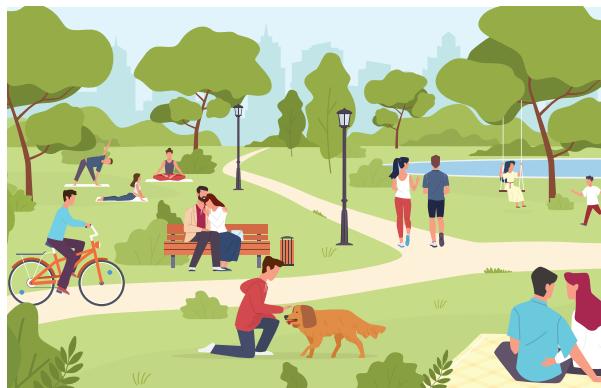


- ✓ **Intensity Level:** Add light resistance training (bodyweight exercises) 2-3 times a week.
- ✓ **Outdoor Activities:** Explore nature walks or hiking.
- ✓ **Stair Climbing:** Make a habit of using stairs whenever possible.
- ✓ **Plan Your Movement:** Schedule your exercise time in your calendar.

## Week 4:



- ✓ **Maintain Consistency:** Aim for at least 30 minutes of moderate-intensity movement most days.
- ✓ **Community Engagement:** Participate in community activities like fitness classes or sports leagues.
- ✓ **Reflect and Adjust:** Evaluate your progress and adjust your routine as needed.
- ✓ **Mindset Focus:** Incorporate positive self-talk and focus on the benefits of movement.



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