

# Live Longer, Live Better!



## Passport to Health

A 3-week self-directed activity incentive program

Open to all employees

Starts May 20 and ends June 9, 2019

“Travel” with us to some amazing “longevity zones” such as Sardinia, Italy; Okinawa, Japan; Nicoya, Costa Rica; and Icaria, Greece in this 3-week challenge. Experience what it’s like to live the lifestyle characteristic of some of the healthiest regions of the world. People living to well into their 90’s and even 100’s is common.... but they aren’t just living longer. They live healthy into their old age and often without medication or disability. Lifestyle is key!

In Passport to Health, you will choose from a variety of activities similar to the habits below that account for the long, happy, and healthy lives of special folks around the world. Our hope is that you continue to integrate them into your everyday lives for the long term.

- Move more naturally
- Belong to a faith-based community
- Have life/work purpose
- Down shift
- Stop eating when 80% full (Hara Hachi Bu)
- Eat a plant-based diet
- Consume olive oil regularly
- Move within a healthy/happy circle
- Put loved ones first

**No registration is necessary. Return log forms to Mary Harrington by June 18, 2019.**  
**Only MIIA/Blue Cross subscribers eligible for prizes.**



# Passport to Health



## Meet the Longevity Zones!

- **Sardinia:** Plant based diet based on goat's and sheep's milk, barley, fennel, fava beans and chick peas, flat and sour dough bread, and tomatoes; multi-generational families, very active; "touch the earth"
- **Okinawa:** "Moai" social support groups of lifelong friends-meet for fun, support, advice, etc. Some moai have lasted >90 years! Embrace an "ikigai" or purpose in life; very active, rarely sit; use medicinal plants; enjoy sunshine
- **Nicoya:** "Plan de vida" or reason to live- maintain positive outlooks especially among elders and keeps them active with a sense of purpose; family focus and a special ability to listen and laugh; drink hard water (high amounts of calcium); eat a light dinner; embrace traditions; active lifestyle
- **Ikaria:** relaxed pace, clean air, active lifestyle, gardening, herbal teas, mid-afternoon naps, goat's milk

## Program Requirements

Choose from these "longevity zone habits." **To earn a prize, you must complete one Passport to Health activity during at least 15 of the 21 days. There are so many great activities. We encourage you to choose from all five categories.**

## Move More Naturally

You may go to the gym, you may go for a run, you may swim laps.... but for improved physical (and mental and social) health and to prevent chronic disease, we need to move naturally throughout our daily lives. Think about how often you are sedentary. Find ways to become more active. The Sardinians, Okinawans, Nicoyans, and Icarians don't have Planet Fitness clubs and personal trainers but look how healthy they are!

1. Add a walking break before, after or during work
2. Walk to a colleague's desk to converse rather than send an email
3. Stand up when you talk on the phone
4. Walk up and down some stairs a few times
5. Plant and maintain a garden, do yardwork
6. Go for a bike ride
7. Play touch football or another fun family game
8. Walk or bike to do an errand you typically drive to
9. Meet friends or family for a walk in nature
10. Walk to an outdoor mailbox to send your mail
11. Rig a sit/stand desk so you can both sit and stand while working
12. Offer to do yardwork for a neighbor/friend
13. Do some quick squats or stretch
14. When watching a sporting event, walk around the field/park instead of sitting
15. Hold walking meetings at work
16. Go dancing
17. Wash your car by hand
18. Rake leaves instead of using a leaf blower
19. Walk up/down the platforms of the commuter rail or subway while you wait for your train

## Eat a More Plant-Based Diet

Studies have shown a plant-based diet is associated with less chronic disease and living longer. Beans, whole grains, fruits and vegetables are the staples of the longevity regions. Enjoy more plant-based meals with friends and family.

1. Consume at least 5 fruits and/or vegetables a day. Try to aim for one new fruit or veggie a day
2. Limit your intake of red meat to 2 oz portions
3. Limit your intake of red meat to once a week for the 21 days
4. Add beans or legumes to your meals
5. Avoid processed foods
6. Eat 1 – 2 oz of nuts a day
7. Plan a “progressive dinner” with friends or family
8. Start a monthly or quarterly cooking club with friends or family
9. Cook a recipe posted on our [website](#)
10. Try a smoothie for breakfast made with kale or spinach and fruit
11. Choose plant-based snacks, like hummus and carrots or apples and almond butter

## Eat Until You Are Just 80% Full

The Japanese call it: Hara Hachi Bu. They have practiced this for hundreds of years. Americans would benefit greatly if we would slow down and really pay attention to our hunger and satiety cues. Consider this powerful statement: There is a significant calorie gap between when an American says, ‘I’m full’ and an Okinawan says, ‘I’m no longer hungry.’

1. Put your plate away when you are 80% full (save the leftovers!)
2. Eat half of what you normally eat and then check in to see how you feel. Once we begin to feel any stomach pressure we are at the “80% full” stage
3. Wait about 10 minutes before getting seconds to allow your body time to realize it is filling up
4. Make a little less food when you prepare your meals
5. When eating out order an appetizer as your entree or split an entree with your dining companion (we recommend eating at home as often as possible)



## Slow Down, Down Shift

Over time, if we don't slow down, manage stress, or release tension, the body responds by developing inflammation. Inflammation is a leading cause of disease. Those who live long and healthy lives value rest and relax daily.

1. Meditate or practice mindfulness for 5 or more minutes
  2. Turn off the TV, Internet and Radio for the entire day
  3. Try a new Yoga or Tai Chi class
  4. Have a massage
  5. Do various breathing exercises
  6. Listen to soothing music
  7. Play an instrument for recreation
  8. Read a book for pleasure
  9. Eat family meals where each family member stays at the table for at least 30 minutes
  10. Take a soothing bath
  11. Hang with your pets
  12. Take a nap
  13. When driving in the car alone, simply drive in quiet. Don't talk on the phone or listen to the radio
  14. Sit for 15 minutes with some warm herbal tea
  15. Write in a journal
  16. Focus on 1 or more burning candles
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## Find Purpose

Why do you wake up in the morning? The Okinawans call it ikigai and Nicoyans plan de vida. Their strong sense of purpose gives their lives meaning and helps them through hard times. It provides the motivation that drives them to a satisfying future. Those with a sense of purpose are more likely to have improved coping skills, be more resilient and find fulfillment and happiness.

1. Write down the 5 most important things you value in life. Then reflect on how activities in your daily life support these values. List them next to your values. Strive to add one new activity daily to enrich these areas in your life
2. Write down 5 **new** things you are grateful for
3. Write down 5 things that have made you excited to get out of bed
4. Write down 5 ways you can show your gratitude to others, choose 1 and do it within the 21 days
5. Write down 5 things you can do to help others, choose 1 and do it within the 21 days
6. Talk to your friends and family about what their purpose is
7. Watch an inspirational video or movie that focuses on purpose (YouTube has many)
8. Read a book or article that focuses on purpose
9. Create a vision board (YouTube has many)



# Passport to Health Log and Prize Form



Please complete the following log form in full. Return it to Mary Harrington at mharrington@mma.org or fax Mary at 617-542-6513 by June 18. To earn a prize, you must complete one Passport to Health activity during at least 15 of the 21 days. There are so many great activities. We encourage you to choose from all five categories. Write the number of each activity you completed in the appropriate box below. Activity numbers on previous page.

Date	Move	Plant	Full	Slow	Purpose	Total for Day
Example: 5/20	#1 and #5		#6			3
May 20						
May 21						
May 22						
May 23						
May 24						
May 25						
May 26						
May 27						
May 28						
May 29						
May 30						
May 31						
June 1						
June 2						
June 3						
June 4						
June 5						
June 6						
June 7						
June 8						
June 9						

Total Days Participated

Name \_\_\_\_\_ Employer \_\_\_\_\_

MIIA/BCBS subscriber # \_\_\_\_\_ Email \_\_\_\_\_

Phone: \_\_\_\_\_ Mailing address: \_\_\_\_\_

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at [emiia.org](#). Click on Well Aware, then click on Incentives.

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> Boston Mass transit water bottle | <input type="checkbox"/> Bamboo cutting board  | <input type="checkbox"/> Bike repair kit   | <input type="checkbox"/> Exercise waist belt  |
| <input type="checkbox"/> Outdoor Headlamp                 | <input type="checkbox"/> Neoprene laptop/tablet case   | <input type="checkbox"/> Salad to go container   | <input type="checkbox"/> Body wrap (heat/cold)  |
| <input type="checkbox"/> Napsack with light seat cushion  | <input type="checkbox"/> Sinus soother   | <input type="checkbox"/> Mini sling lunch cooler   | <input type="checkbox"/> Pet accessory bag  |
| <input type="checkbox"/> Rivage Weekender Tote            | <input type="checkbox"/> Freezable lunch tote  | <input type="checkbox"/> Yoga mat  | <input type="checkbox"/> Waterproof picnic blanket  |
| <input type="checkbox"/> Pet carrier for small pets       | <input type="checkbox"/> Vented umbrella<br>( <input type="checkbox"/> hunter green <input type="checkbox"/> blue/white) | <input type="checkbox"/> Beach towel<br>( <input type="checkbox"/> zig zag blue <input type="checkbox"/> plain blue) | <input type="checkbox"/> Chill watch ( <input type="checkbox"/> white<br><input type="checkbox"/> black <input type="checkbox"/> red <input type="checkbox"/> cyan) |