



# Passport to Health Smorgasbord Challenge

A “Live Long, Live Better” 3-week Challenge

September 13 to October 3, 2021

“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

Please return completed log and prize forms to Mary Harrington by October 12, 2021.

# Passport to Health Smorgasbord Challenge



## 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
- **Icaria:** 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 at least 1 activity from at least 2 of the 5 categories at least 15 out of the 21 days. There are so many great activities. We encourage you to choose from all 5 categories.**

## Move More Naturally

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. When back to work and social distancing rules have lifted, 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 game with your own family – social distancing rules apply
8. Walk or bike to do an errand you typically drive to
9. Meet friends or family for a local walk in your neighborhood – social distancing rules apply
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. When social distancing rules have lifted, offer to do yardwork for a neighbor/friend
13. Do some quick squats or stretch
14. When back to work and social distancing rules have lifted, hold walking meetings at work
15. Dance to your favorite music
16. Wash your car by hand
17. Rake leaves instead of using a leaf blower
18. Walk up/down the platforms of the commuter rail or subway while you wait for your train – social distancing rules apply

# Passport to Health Smorgasbord Challenge



## 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 “**virtual** progressive dinner” with friends or family and share your dinner courses virtually
8. Start a virtual 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



# Passport to Health Smorgasbord Challenge



## 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. Ask a family member for a massage or give a family member 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

## 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



Please complete the following log and prize form in full. Return it to Mary Harrington at [mharrington@mma.org](mailto:mharrington@mma.org) OR mail to Mary at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by October 12, 2021. NOTE NEW MAILING ADDRESS IF MAILING. To earn a prize, you must complete at least 1 activity from at least 2 of the 5 categories at least 15 out of the 21 days. There are so many great activities. We encourage you to choose from all 5 categories. Write the number of each activity you completed in the appropriate box below. Activity numbers on previous page. All log forms must be unique in the case where a spouse or dependent is also participating.

Date	Move	Plant	Full	Slow	Purpose	Total for Day
Example:	#1		#2			2
Sept. 13						
Sept. 14						
Sept. 15						
Sept. 16						
Sept. 17						
Sept. 18						
Sept. 19						
Sept. 20						
Sept. 21						
Sept. 22						
Sept. 23						
Sept. 24						
Sept. 25						
Sept. 26						
Sept. 27						
Sept. 28						
Sept. 29						
Sept. 30						
Oct. 1						
Oct. 2						
Oct. 3						

# Passport to Health Prize Form



Please complete the following prize form. Return it with your log form to Mary Harrington at mharrington@mma.org OR mail to Mary at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by October 12, 2021. NOTE NEW MAILING ADDRESS IF MAILING.

Name: \_\_\_\_\_ MIIA/BCBS subscriber:  Yes  No  
Employer: \_\_\_\_\_ Email address: \_\_\_\_\_  
Mailing address: \_\_\_\_\_  
Phone: \_\_\_\_\_

**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. Only MIIA/Blue Cross subscribers eligible for prizes.

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Collapsible cooler          | <input type="checkbox"/> Exercise waist belt   | <input type="checkbox"/> Shoulder wrap                | <input type="checkbox"/> Sports towel in mesh bag |
| <input type="checkbox"/> Yoga mat                    | <input type="checkbox"/> Mini sling cooler     | <input type="checkbox"/> Slope Messenger Bag          | <input type="checkbox"/> Bamboo cutting board     |
| <input type="checkbox"/> Sinus soother               | <input type="checkbox"/> Nature Sound Spa      | <input type="checkbox"/> Stainless steel water bottle | <input type="checkbox"/> Collapsible strainer     |
| <input type="checkbox"/> Neoprene laptop/tablet case | <input type="checkbox"/> Outdoor headlamp      | <input type="checkbox"/> First aid kit                | <input type="checkbox"/> Shaker bottle            |
| <input type="checkbox"/> Balance Active tote         | <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Salad and pasta pals         | <input type="checkbox"/> Gardener's Kit           |
| <input type="checkbox"/> Bike repair kit             | <input type="checkbox"/> Reflective arm band   |   |   |
| <input type="checkbox"/> Car seat organizer          |  |   |   |

