

BLUE ZONES: POWER 9 WORKSHEET

For use with Gerontology Boot Camp Series (webinars II, III, and IV)

POWER 9	How I support this principle		How I wish to support this principle	
	Personally	Professionally	Personally	Professionally
1. Move Naturally				
2. Right Outlook: Purpose				
3. Right Outlook: Down Shift				
4. Eat Wisely: 80% Rule				
5. Eat Wisely: Plant Slant				
6. Eat Wisely: Wine @ 5				
7. Belong: Family First				
8. Belong: Belong				
9. Belong: Right Tribe				