

BLUE ZONES HOME CHECKLIST%0A

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[Blue Zones - Official Site](#)

[Blue Zones Meal Planner](#). Live to 100 with easy recipes and delicious food. [Learn More](#). [Free 3-minute scientific test to calculate healthy life expectancy and what YOU can do to live longer](#). [Take Test](#). [Longevity Test](#). Optimize your home, kitchen, bedroom, and social circles for greater health and happiness. [Learn More](#). [Blue Zones Checklists](#). [Learn simple strategies to make the healthy choice](#). [Blue Zones Checklist Login - BlueZones.com](#). [Welcome to Blue Zones Checklists](#). By registering you received a 1 year membership to all 4 Blue Zones Checklists that are designed to score your home environment and social network and offer improvements for a longer healthier life.

[Optimize your home to live longer - BlueZones.com](#)

[Blue Zones Home](#). You have deconvenienced your living environment in a way that allows you to mindlessly move your way to better health. You have deconvenienced your living environment in a way that allows you to mindlessly move your way to better health.

[Blue Zones Checklist Registration - BlueZones.com](#)

[Welcome to Blue Zones Checklists](#). By registering you will receive a 1 year membership to all 4 Blue Zones Checklists that are designed to score your home environment and social network and offer improvements for a longer healthier life.

[5 Blue Zones Where People Live the Longest, Healthiest ...](#)

[Blue Zones](#) are home to some of the oldest and healthiest people in the world that often surpass global life expectancy of 71.4 years.

[Blue Zones Checklists - Healthy Klamath](#)

[Blue Zones Project - Klamath Falls](#) has provided these checklists as a way to help you identify some easy ways to begin making improvements to your well-being. It's not just about diet and exercise, that's why we've included topics such as home, family, and sleep environment. [9 lessons from the world's Blue Zones on living a long ...](#)

After spending so much time in these Blue Zone areas and traveling around the world lecturing and presenting my research, I wanted to find a way to bring these longevity lessons home. [Bringing the Blue Zones to the United States](#)

[Blue Zones - Places In the World Where People Live to 100 ...](#)

They are called blue zones places in the world where people live longer and healthier than anywhere else on

earth. Several of these blue zones exist, and in each of these places people living to 90 or even 100 years is common.

Blue Zones Home Checklist: Health and Wellness Blog

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The Blue Zones Home Checklist will help you evaluate your current living environment and suggest some simple changes for a bigger impact on your health over time.