

## Blue Zone Life Hacks: Implementing the Science of Longevity

Theresa Hardisty, MD

[Sharp.com/BeWell](https://www.sharp.com/BeWell)

### Nutrition:

Beans (rinsed if canned) 3+ x/week

Have “whole” be the first word on label ingredient list, the sodium number less than the calorie number, & less than five ingredients if possible

Add chia & flax seeds to stuff (salad, oatmeal, smoothies)

Minimize sweet tasting beverages, try salt substitutes

Have a handful of nuts +/- a piece of fruit for an afternoon snack (“an apple a day”)

### Physical activity:

Standing desk, Stand during meetings or walk, sit and stand 3+ times with every meal (no hands if possible)

Take 5 to 10 minute walks one to two+ times per day

Exercise buddy, electronic fitness tracker

Exercise class/group (yoga for extra mindfulness)

Minimize elevator use

Good posture, Balance challenges, get on and off the floor

### Sleep:

478 breathing x 4 breaths 1-2x/d and as needed

Set alarm to prepare for sleep, read before bed

Short term heating pad at bottom of bed or bathing before bed

Electronic timeout, limit caffeine

### Stress resiliency:

Meditation App, STOP

Gratitude list (written or verbal)

Nature

Creativity outlet/hobbies

### Avoiding risky habits:

Accountability partner

Alternate with water when drinking socially

### Meaningful relationships:

Regular in person or Zoom meeting with loved ones

Get to know colleagues, have office celebrations/potlucks

Reconnect with an old friend, family member

Volunteering– library, school, food pantry, shelter, theatre/music, community clean ups

Support groups, Book club, community service

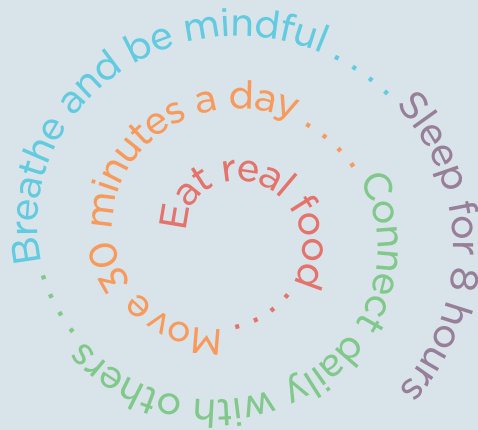
# Be Well Survey

Please answer the questions below based on a typical week.

- A. How many servings of fresh, frozen, or dried fruits and vegetables do you eat per day (1 serving is about the size of your fist and does not include fruit juice)?
1. Less than 2 servings
  2. 2-3 servings
  3. 4-5 servings
  4. More than 5 servings
- B. How often have you eaten fast food, sugary drinks (e.g., soda, sports drinks, juice) or processed foods (e.g., chips, candy, crackers, cookies)?
1. 5 or more times per week
  2. 3-4 times per week
  3. 1-2 times per week
  4. Less than 1 time per week
- C. How many days did you exercise at a moderate to strenuous intensity (e.g., moderate intensity defined as able to talk but not sing or enough movement to break a light sweat)?
1. Less than 1 time per week
  2. 1-2 times per week
  3. 3-4 times per week
  4. 5 or more times per week
- D. On the days that you exercise, how many minutes do you spend per session?
1. Less than 10 minutes
  2. 10-29 minutes
  3. 30-49 minutes
  4. 50 minutes or more
- E. How many hours do you sleep each night?
1. Less than 4 hours
  2. 4-5 hours
  3. 6-7 hours
  4. 8 or more hours
- F. How often did you feel tired upon waking or have difficulty staying awake during the day?
1. 5 or more times per week
  2. 3-4 times per week
  3. 1-2 times per week
  4. Less than 1 time per week

- G. How often during the past week, have you connected with any support network (e.g. community, spiritual, friends/family relationships)?
1. Less than 1 time per week
  2. 1-2 times per week
  3. 3-4 times per week
  4. 5 or more times per week
- H. In the past week, how often have you felt stressed, sad, or worried?
1. 5 or more times per week
  2. 3-4 times per week
  3. 1-2 times per week
  4. Less than 1 time per week

Reference guides are available at: [sharp.com/srshealthinfo](https://sharp.com/srshealthinfo)



# Be Well

# Lifestyle Medicine Prescription

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## NUTRITION

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## PHYSICAL ACTIVITY

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## SLEEP

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## STRESS MANAGEMENT

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## SOCIAL CONNECTION

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## AVOIDANCE OF RISKY SUBSTANCES

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\*consider setting SMART goals that are Specific, Measurable, Achievable, Realistic and Time-sensitive or FITT prescriptions that include Frequency, Intensity, Type, and Time.

Additional Resources  
[lifestylemedicine.org](http://lifestylemedicine.org)



Provider Signature: \_\_\_\_\_

**NUTRITION:** Eat fiber-filled and nutrient-dense whole foods. Add veggies, fruits, beans, lentils, whole grains, nuts & seeds to your daily meals.

**PHYSICAL ACTIVITY:** Work towards moving as much as possible every day by doing activities you enjoy. Aim for a minimum of 150 minutes of activity per week.

**SLEEP:** Aim for 7-9 hours of sleep per night. Get at least 20 minutes of sunshine during the day. Avoid caffeine, especially after noon.

**STRESS MANAGEMENT:** Try new ways to relax, such as music, exercise, dance, yoga, meditation. Take time for fun (hobbies, activities). Find nature (garden, go to a park, hike).

**SOCIAL CONNECTION:** Volunteer. Connect with friends. Join a community or interest group of like-minded people. Go to a local sports event, music performance, lecture, or art display.

**AVOIDANCE OF RISKY SUBSTANCES:** Seek out counseling (individual, group, online, telephone). Avoid risky substances whenever possible.

