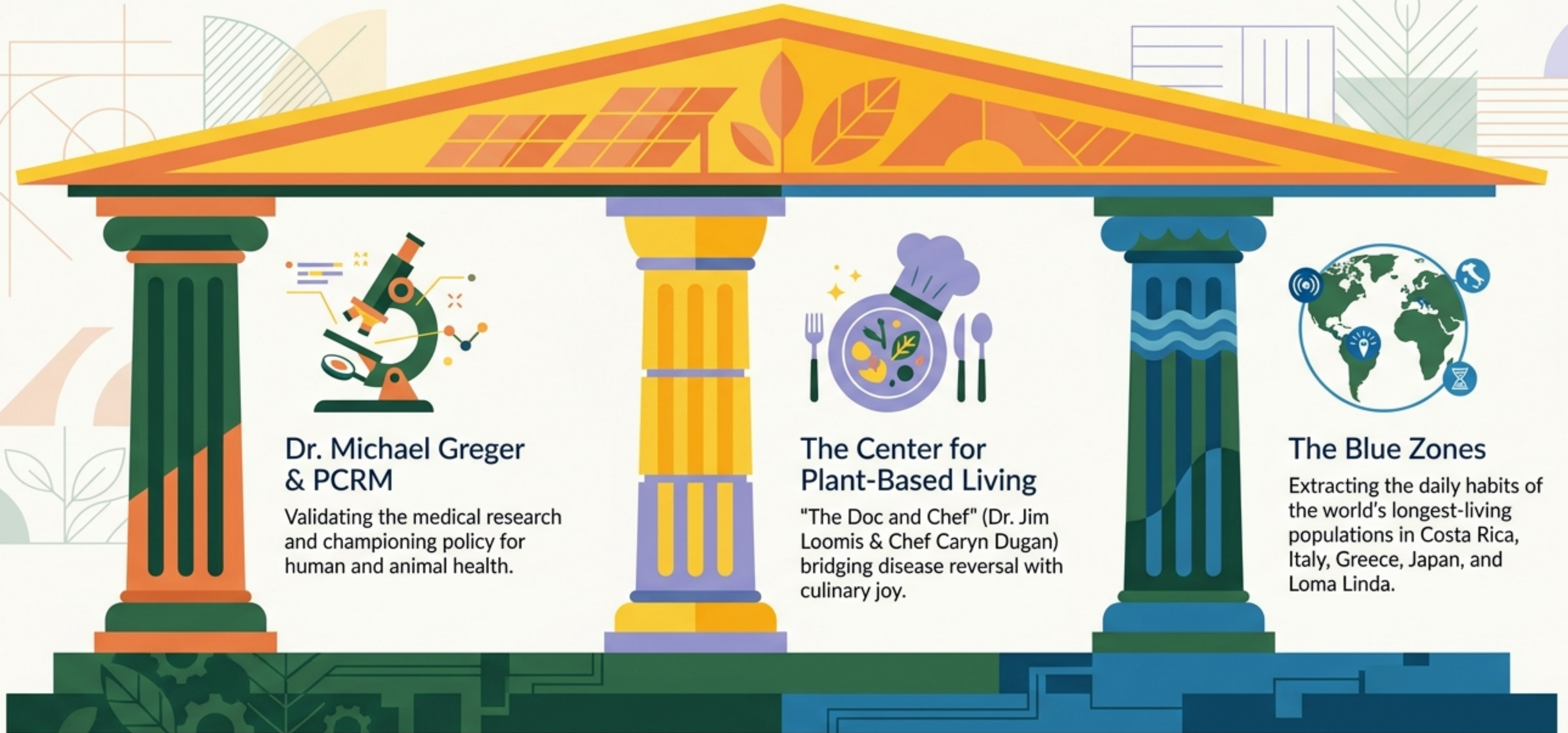


# The Longevity Blueprint

How Blue Zone environments and 'OMD' living can boost your life expectancy by 12 to 14 years.

By Dr. Cheryl Mothes, MSN, MBA, PhD

# Standing on the Shoulders of Giants



# The Nutritional Balance Sheet



## The Four Always (Daily)



**100% Whole Grains**  
(3 servings)



**A handful of nuts**



**Beans**  
(1 cup)



**Fruits & Veggies**  
(5 to 10 servings)



## The Four to Avoid



**Sugar-sweetened beverages**  
(Juices, soda, alcohol)



**Salty snacks**



**Packaged sweets**



**Processed meats**

# Longevity is a Designed Environment

In the Blue Zones, health isn't forced through willpower. It is the natural byproduct of their surroundings. By systematically redesigning our homes, we make the healthy choice the default choice.

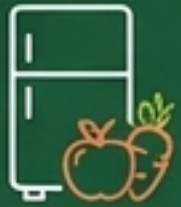


# Blueprint 01: The Mindful Kitchen

1

## The Fridge

Dedicate the top 'eye-level' shelf strictly to fruits and veggies. Post the Blue Zones Longevity List on the door.



2

## The Counter

Keep a fruit bowl out for all to enjoy.

Portion snacks into small containers the moment you buy them.



3

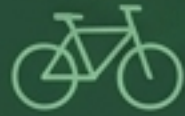
## The Table

Use plates 10 inches in size or smaller. Pre-plate your food and leave the serving dishes in the kitchen. Remove ALL devices (TVs, phones, tablets) from mealtime.



# Blueprint 02: The Active Home

## Movement



Create an indoor exercise area with floor cushions.

Own (and ride) a bicycle.

Own and use at least 4 active tools (walking shoes, yoga mat, weights, jump rope, roller blades, camping gear).

## Habits



Keep your scale in a prominent area and weigh daily.

## Leisure & Tech



Permit only ONE TV in the home.

Use hand tools and equipment more; use remote controls less.

## Life



Cultivate a garden.

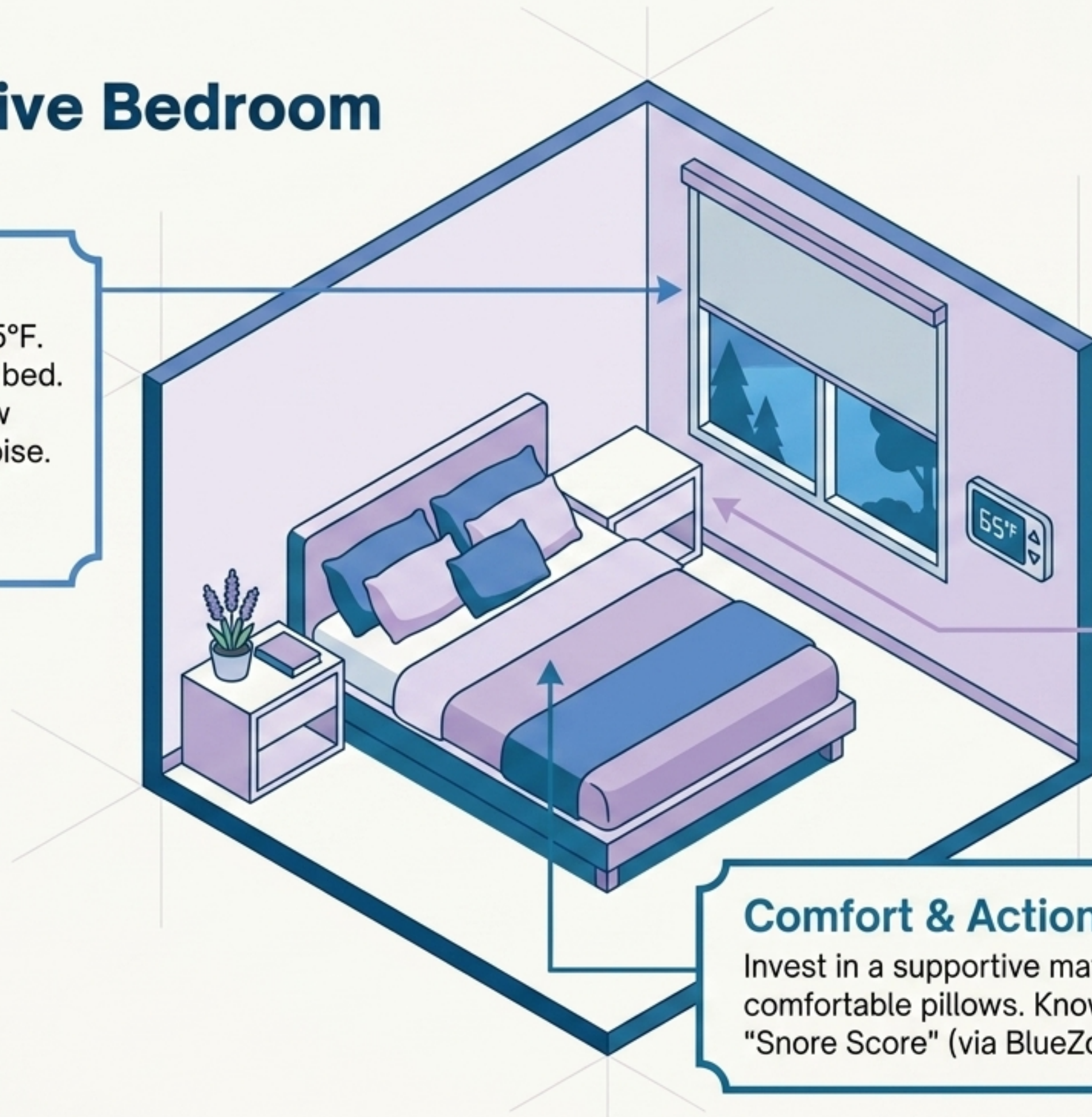
Welcome a dog or cat into your home.



# Blueprint 03: The Restorative Bedroom

## Atmosphere

Set the temperature to 65°F. Dim lights an hour before bed. Use light-blocking window shades. Minimize night noise. Place a lavender plant or inhaler next to the bed.



## Technology

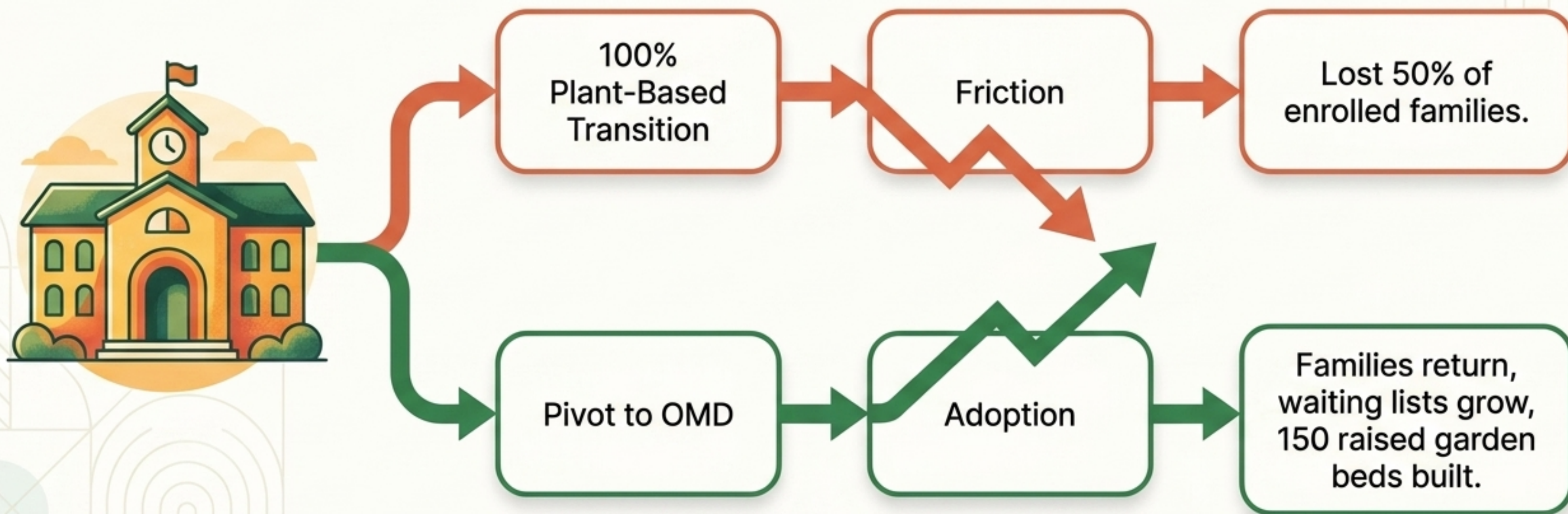
Remove the TV, phone, and computer. Remove digital alarm clocks (or turn them to face away).

## Comfort & Action

Invest in a supportive mattress and comfortable pillows. Know your "Snore Score" (via [BlueZones.com](https://www.BlueZones.com)).

# The Friction of Behavioral Change

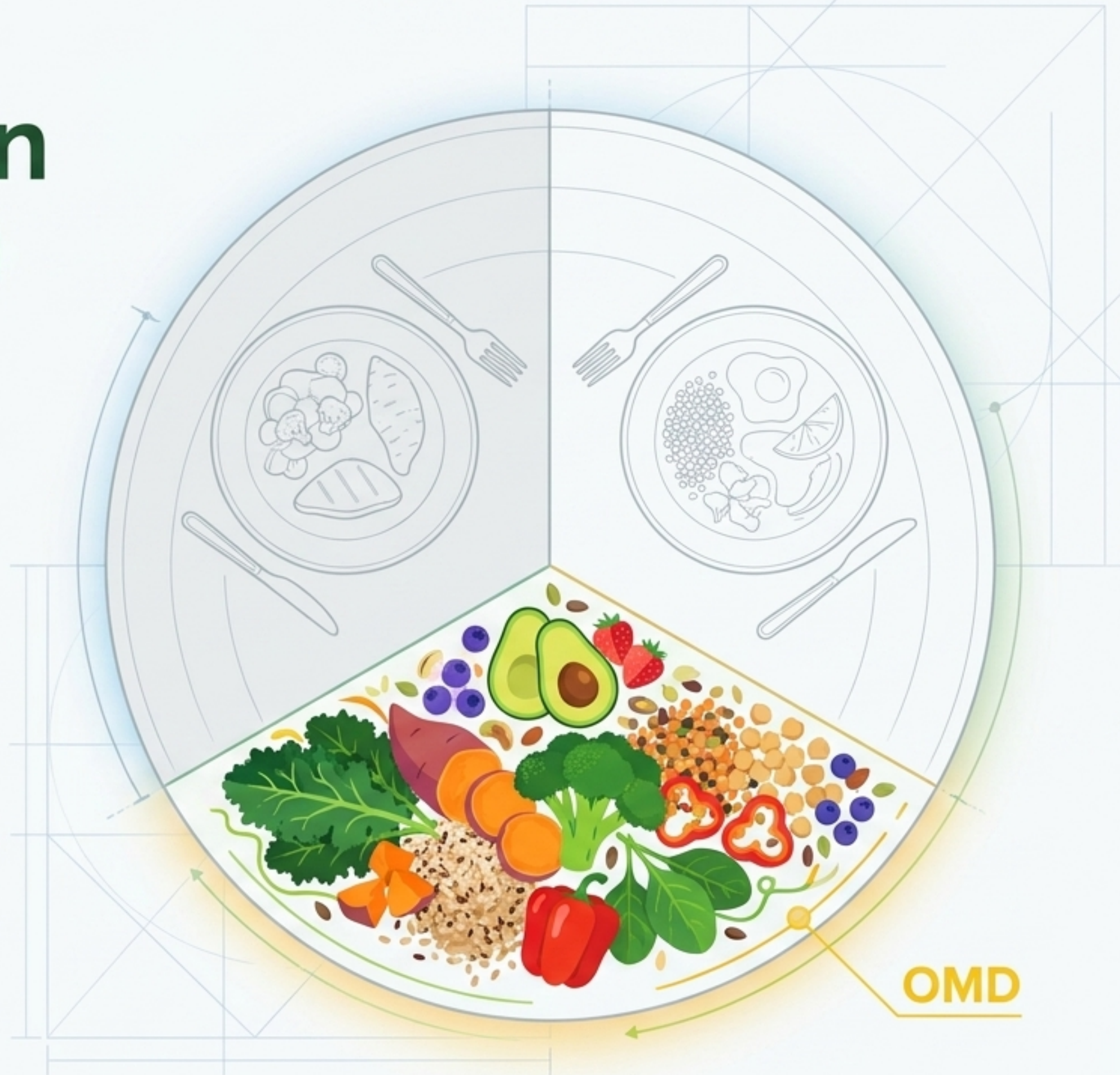
When the Muse School in California attempted a sudden shift to a 100% plant-based menu, they faced massive resistance. But their director realized a simple truth that transformed their community: "It's just one meal a day!"



# The OMD Solution (One Meal a Day)

You don't need an overnight overhaul. Entire public school districts are now leading the way in plant-based education by focusing on a single, 'clean,' whole-food plant-based meal each day.

**The Impact:** Small changes eradicate friction. Today, Muse School children eat 90% of the produce grown in their own school gardens!



# Your Invitation to Live Stronger

Start your health journey today without the overwhelming pressure of perfection.  
Try the OMD lifestyle for just 7 days to see how much better you feel.

## 7-Day Tracker



— Dr. Cheryl Mothes, MSN, MBA, PhD

A Final Thought...

**If redesigning just one room in your home or changing just one meal a day could give you an extra decade of life...**

What is the very first thing you will change today?