

PEHP WELLNESS
**Monthly
Challenge**



Blue Zones

September 6-30

“Blue Zones” are geographic regions where people live longer and enjoy happier, healthier lives than most. Explore their key behaviors and adopt a “Blue Zone” health habit each week so you can reap the same benefits.

Participate and be entered into a drawing for a \$50 Amazon gift card!

Schedule

Join us for a 4-week email based wellness challenge*!

Embrace the lifestyle habits of the “Blue Zones” (Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Nicoya Peninsula, Costa Rica and Loma Linda, California).

Week 1: Family and Social Networks

Week 3: Natural Movement

Week 2: Healthy Diet

Week 4: Sense of Purpose

**Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.*

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails