

POWER 9®

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.



MOVE NATURALLY: Find ways to move more! You'll burn calories without thinking about it



PURPOSE: Wake up with purpose each day and add up to seven years to your life



DOWNSHIFT: Reverse disease by finding a stress-relieving strategy that works for you



80% RULE: Eat mindfully and stop when 80% full



PLANT SLANT: Put more fruits and vegetables on your plate



WINE @ FIVE: If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends each day



LOVED ONES FIRST: Invest time with family – and add up to six years to your life



BELONG: Belong to a faith-based community and attend services regularly to add up to 14 years to your life



RIGHT TRIBE: Surround yourself with people who support positive behaviors – and who support you