

## Blue Zones in the Workplace Email Template

**Instructions:** Use the following letter to start a discussion with human resources or leaders within your organization. How might you turn your own office into a Blue Zone friendly environment that constantly nudges you into healthier choices? The letter below is a start. Adapt it as needed to reflect how you would like to use it.

Dear <Name>,

I'm taking a free online course called [Staying Alive, Part 2: Live Longer, Better](#). It's the second of a series of courses taught by Dan Buettner, author of The Blue Zones and The Blue Zones Solutions.

These courses are fun, and they have taught me a lot about the secrets of the world's longest-lived people. And one of the most important lessons I've learned is that our environment plays a critical role in our overall health and wellness. Minor changes to our environment that promote more natural movement, healthier food choices, and greater social interaction can have profound impacts on our health.

I'd love to talk with you about what I've learned and discuss how we might bring some of the concepts from The Blue Zones into our office to make our environment one that promotes a healthy lifestyle. I believe with a few simple changes, we can improve the health and wellness of our entire company.

If you are interested in learning more, let me know. And if you want to learn more about the courses I took, go to [www.thebigknow.com](http://www.thebigknow.com).

If you're not interested, that's fine, too. I wish you well.

May you live to 100,

<Name>

<Contact Info>