

Moai Starter Kit

How To Start Your Moai



Invite 5-10 friends to join your Moai®



Select an activity

- Pick a fun, positive activity that encourages a healthy behavior with Power 9®

Principles in mind:

- o **Move naturally** – walk, bike, volleyball or photography walk
- o **Eat wisely** – plant slant potlucks or Blue Zones Project Approved™ restaurant dining
- o **Connect** – art & crafts, knitting, games, coffee & chat or hobbies
- o **Right outlook** – purpose discussions or volunteer (beach clean-ups, mentoring programs or visit bchd.org/volunteer for more opportunities)



Register your Moai

- Complete the Moai registration form at bchd.org/moai
- Registered members will receive a Blue Zones Project® t-shirt



Consistently meet for 10 weeks



We're here to help

- Contact Beach Cities Health District at bluezonesproject@bchd.org or (310) 374-3426, ext. 139
- Attend a Beach Cities Health District Moai event:
 - o Moai Matching event
 - Learn about the Blue Zones Project and Moai concepts and join an established Moai or invite new members to your Moai
 - o Social and Celebration events
 - Connect with the larger Moai community



Connect: How To Maintain An Active Moai



Acknowledge your members

- Celebrate birthdays and life milestones like graduations, new jobs or marriage



Stay in touch

- Regularly communicate with your Moai through e-mails, calls or text reminders



Connect on social media

- Use **#BeachCitiesMoai** and tag Beach Cities Health District
- Facebook: @BeachCitiesHealth
- Instagram: @BeachCitiesHealth
- Twitter: @BCHD

Celebrate: Share Your Moai Success



Celebrate your 10-week commitment

- Complete the Moai fulfillment form at bchd.org/moai
- Send photos to bluezonesproject@bchd.org
 - o Include group leader information and Moai details (activity, schedule and number of members)
 - o You may be featured in our next Beach Cities Health District newsletter!