How To Start Your Moai

**Virtually invite 5-10 friends or family to join your Moai®**

**Select an activity**
- Pick a fun, positive activity that encourages a healthy behavior with Power 9® Principles in mind:
  - **Move naturally** – follow at-home workouts
  - **Eat wisely** – share your plant-based recipe and have dinner together
  - **Connect** – coffee & chat, arts & crafts, games or other hobbies
  - **Right outlook** – purpose discussions

**Create a consistent schedule**
- Virtually meet at least once a week. Be social while practicing physical distancing. For the first time, physical isolation is the best thing for our health.

**Register your Moai**
- Complete the Moai registration form at bchd.org/moai

**We’re here to help**
- Contact Beach Cities Health District at bluezonesproject@bchd.org
Connect: How To Maintain An Active Moai

**Acknowledge your members**
- Celebrate birthdays and life milestones. Have a virtual party!

**Stay in touch**
- Regularly communicate with your Moai through e-mails, calls or text reminders

**Connect on social media**
- Use #BeachCitiesMoai #SaferAtHomeBeachCities and tag Beach Cities Health District
- Facebook: @BeachCitiesHealth
- Instagram: @BeachCitiesHealth
- Twitter: @BCHD

**Celebrate: Share Your Moai Success**

**Celebrate your Moai**
- Send photos to bluezonesproject@bchd.org. You may be featured in our next Beach Cities Health District newsletter or on our social media!

**Expand your group**
- In the spirit of building a sense of community during this difficult time, it is encouraged to welcome new members.