

Moai Starter Kit

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:

- o **Move naturally** – follow at-home workouts
- o **Eat wisely** – share your plant-based recipe and have dinner together
- o **Connect** – coffee & chat, arts & crafts, games or other hobbies
- o **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.