

BLUE ZONE PROJECT

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1. FAMILY PLAN

5 items

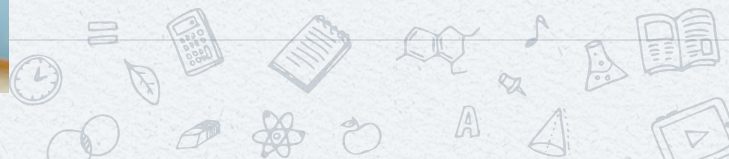
1) FOOD

Eat vegetables and fruits everyday.
Fish one or two times and legumes
three times per week.



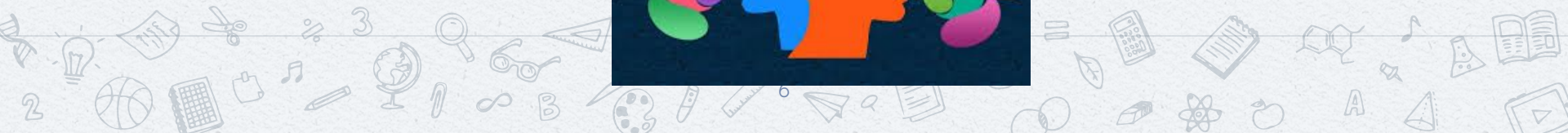
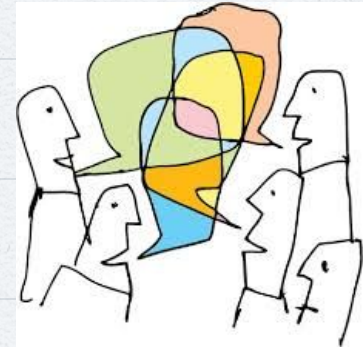
2) EXERCISE MORE

Doing more sports and moving more naturally. To dedicate more time to it and apart from doing sport we should try to move naturally, that is, not to take the car so often and walk more.



3) COMUNICATE

Good communication allows us to spend more time with the family and to achieve a good development in daily coexistence activities and form an essential and constitutive element. And is very important in adolescence.





4) CLEANING

This can reduce the stress in the family and also can be a way to stay and to pass time with our relatives.



5) TRAVEL

To travel with our families when we can, to spend time with them and also to share new experiences with them. This can also help to bring the family closer together.



2. SCHOOL PLAN

5 items

1) COMPETITIONS IN GROUPS

To have sports competitions, one new sport each month. It would take place at recess and be optional. Ultimately, the winner would get a prize, such as a cafeteria snack, or even a 1+ in a determinate subject.



2) ONLY SELECTED FOOD IN THE CAFETERIA

The cafeteria should only offer healthy and selected food. They could also reduce the meat consumption in school by introducing a meatless day or more vegetarian and healthy meals in general.



3) 1 HOUR MORE PLANNING LESS STRESSING

This would consist of 1 hour three times a week.

- 40 min: planning and discussing the week's tasks to do
- 20 min: exercises to reduce stress



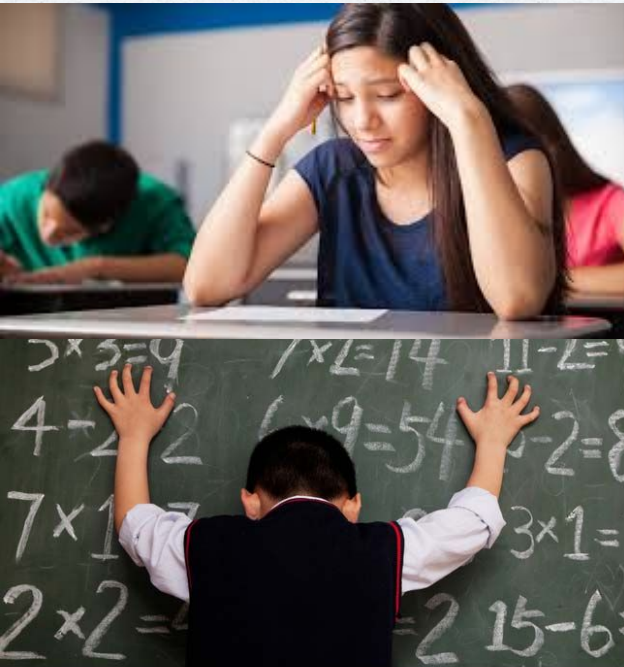
4) DON'T SEND SO MANY TASKS

We believe that students' lives would be enhanced if teachers did not set so much homework because it generates stress and it takes us a lot of time. We understand that they have to send homework to practice what is given in class, but think about all the subjects we have.



4) FIRST AND LAST HOURS FOR EASY SUBJECTS

To leave the first and last hours of school to the easy subjects. Sometimes in the morning, or even at last hour, we tend to lose concentration, so if we have difficult subjects in those hours of the day, we won't be so active or maybe even don't understand anything at all.





3.

TOWN PLAN

5 items



1) ENCOURAGE ECO-FRIENDLY METHODS

To generate less pollution in the world.

One method can be to low the prices of electric cars since it will help to the environment nad in addition to put more electric cars charges around the town.



3) DRINKING FOUNTAINS

Put more drinking fountains around town so if you are going for a walk or doing any type of sport, you can hydrate yourself.



6) MEATLESS DAY

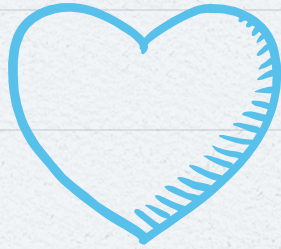
Introducing a meatless day for the hole town could reduce the meat consumption and would make them eat more varied meals. The town decides on which day they won't eat meat and as much people as possible should compete.



4) VEGETABLE GARDENS

Build more gardens like in schools, so that we can move more naturally and we can also generate less plastic because when we cultivate, we will not need to pack the products and they will be much more natural than the ones in the market that will have many additives also.





THE END!

We really hope you liked it !!