

MOVE LIKE THEY DO IN THE BLUE ZONES

Degree® lets you go the distance
so you can move more

Degree® Deodorant is proud to give people the confidence of protection every time they move. The brand's antiperspirants uniquely respond directly to movement, keeping users fresher, longer. A longtime proponent of moving more, Degree is joining forces with Blue Zones, global experts in community health and well-being transformation, to help in their mission of creating movement opportunities, tools and resources for 10 million people by 2024.

Blue Zones' work is based on how the healthiest, longest-lived people in the world live. In Blue Zones regions around the world, movement is engineered into residents' daily lives – nudging people to move about every 20 minutes.

See right for Blue Zones®—approved tips and tricks for incorporating more movement into your daily routine.



TAKE A HIKE WITH A FRIEND!

Join a walking or hiking group that meets at least once a week. Find a walking or hiking buddy and schedule two to three 30-minute blocks per week (making it a meet-up makes you more likely to do it!). Walking is often accessible, easier on the joints than running and comes with both cardiovascular and stress-relieving benefits. Studies show that when people walk or work out with a partner, they exercise three times as long as those who exercise alone.

EMBRACE THE "UP & DOWN"

Put cushions on the ground at home and do your reading, laptop work and even eating from there. Inspired by the Blue Zones region of Okinawa, Japan, this practice works your thighs, glutes and lower back each time you sit down and stand back up. Supporting yourself sans chair can improve posture and may help you burn additional calories.

RETHINK MODERN CONVENIENCES

Eliminate common household conveniences like the TV or garage door remote control, electric blender, snowblower and power lawn mower. Swap in items like a bicycle, comfortable walking shoes, rake, broom and snow shovel. The absence of these modern tools can make active living easier and seamlessly increase physical activity.

GROW A GREEN THUMB

Make like the Blue Zones centenarians and plant a garden in your yard or community plot. Gardening requires frequent, low-intensity and full-range-of-motion activity. You dig to plant, bend to weed and carry to harvest. In addition to the built-in movement, gardening also helps with stress relief and healthy eating (a Blue Zones trifecta!).

CONSIDER A NEW COMMUTE OR A NEW (FURRY!) FRIEND

If you work close enough to home, try to walk or bike to work a couple of times a week. If it's too far, park in the "far away" lot or get off a bus stop early to sneak in extra steps. If you're working a nine-to-five shift whether in the office or at home, try to take the stairs throughout the day instead of taking the escalator or elevator for that extra dose of cardio. Take breaks throughout the day by getting up and moving around. Having a dog or lending your time to a dog walking service will also get you moving often and regularly.