

# READY TO HELP OTHERS CONNECT AND MOVE MORE?

Lead a 10-Week  
Walking Moai

HONORHEALTH®



BLUE ZONES™



# WHAT IS A MOAI?

Moai is a concept from Okinawa, Japan that roughly means coming together for a common purpose. These moais, or groups, bond over a common interest, encourage each other throughout life, and have an incredible impact on overall well-being. We want to replicate this opportunity for connection by forming moais focused on eating wisely.

Moais are made up of five to eight people who meet regularly for at least 10 weeks. In addition to building positive relationships and social connections, Walking Moai participants can enjoy exploring new healthy dishes.

**Every moai needs a moai leader.**



# MOAI LEADER

# RESPONSIBILITIES

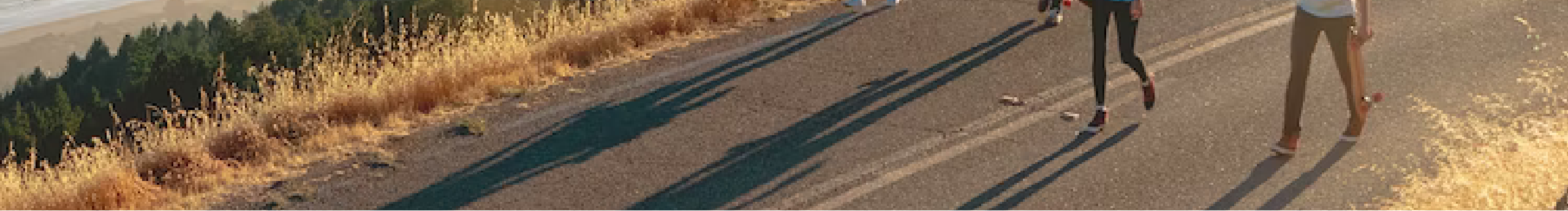
- Facilitate communications: Create a contact list of names, email addresses and phone numbers for each member.
- Register your moai using the Moai Registration Form.
- Set a time and place for your moai to meet.
- Send weekly or regular follow-up emails or chat messages.
- Contact and support members who miss sessions.
- Collect and report weekly metrics on the tracking sheet.
- Send overall experience evaluations.
- Spark conversation around tips to keep your group motivated. Take photos of your team, collect success stories and share them with your well-being leader.



# MOAI REGISTRATION QR CODE







# WALKING MOAI

## LEADER TIPS

### IDEAS ON WHERE TO WALK:

- Indoor and outdoor walking paths
- Historical and local landmarks
- A local restaurant or coffee shop
- Nearby parks
- Around your worksite or neighborhood

### CONVERSATION STARTERS:

- What was your first paying job? What was your biggest lesson learned there?
- Who inspires you and why?
- What do you do to relax or downshift?
- Where did you grow up and what's your favorite thing about your hometown?
- What do you do in your current role where you are in the flow and lose track of time?
- What was the best book you've recently read?
- Do you have any hidden talents or hobbies?
- What is something challenging you find about your work?
- Which actor would you choose to play you in the story of your life?
- When you were a kid, what did you want to be when you grew up? Why?
- Do you listen to any podcasts?
- If you were in charge of making a playlist, which songs or bands would you absolutely include?
- What's the best gift you've ever received?
- Who do you look up to within Adventist Health and why?
- What's been your favorite part of this 10-week moai?