

LIVE LONG, SKIP THE GUILT. NAP OFTEN.

A 6-pillar field guide, a self-check, a coach in your pocket, and a 30-day path to aging like the world's healthiest humans.

- NO.** You do not have to move to Sardinia.
- NO.** You do not need a \$200 juice cleanse.
- YES.** You need six things. All of them fit in real life.

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A FEEL GOOD PC FIELD GUIDE
feelgoodpc.com

READ THIS FIRST (IT'S SHORT, I PROMISE)

Why Blue Zones + Functional Medicine?

Here's the thing nobody selling you a \$200 supplement stack wants to say out loud: the people who live the longest, healthiest lives on this planet are not doing anything fancy. They're not biohacking. They're not intermittent fasting to a stopwatch. They're just quietly doing six ordinary things, every single day, for decades — in places researchers nicknamed the Blue Zones: pockets of the world where people reach 90 and 100 at rates that make the rest of us look like we're doing this whole “being alive” thing wrong.

I've spent 20+ years as a functional medicine coach translating lab work and clinical data into real behavior change for real people — first building Fountain Life's health coaching program from scratch, now through Soul Time Wellness and Feel Good PC. Here's what I keep noticing: the things that move the needle on someone's bloodwork are almost always the same six things that show up in every Blue Zone on earth. Grandma and the biomarker panel agree.

This isn't a 30-day transformation challenge. It's not all-or-nothing. It's built the way I coach in real life: meet yourself where you are, pick one thing, let it get boring before you add the next. So alongside the six pillars, you're getting a quick self-check to find your real starting point, a coach note per pillar for when it gets hard, a small daily practice and a deeper monthly one, and a simple 30-day path to string it all together.

ONE HONEST DISCLAIMER

This guide is educational, not medical advice, and it's not a substitute for care from your own doctor or a licensed practitioner. If something here contradicts what your provider has told you, trust your provider — and bring them this guide to talk it through.

BEFORE YOU START

Where Are You Actually Starting?

Don't try to overhaul all six pillars Monday morning. That's not discipline, that's a setup for quitting by Thursday. Instead, rate yourself honestly on each pillar below, 1 to 5. Then find your lowest score — that's where you start. Just there. The rest can wait.

Pillar	1 looks like...	5 looks like...	My score
Nourish	Mostly packaged, grab-and-go food	Mostly whole foods, plants most meals	___ / 5
Move	Mostly sitting, no regular movement	Movement woven through most days	___ / 5
Rest	Wired, wiped, inconsistent sleep	Consistent bedtime, real wind-down	___ / 5
Connect	Mostly texts, rarely in person	Regular in-person time with your people	___ / 5
Purpose	Can't finish "I get up because..."	Clear, easy answer, most days	___ / 5
Environment	Little sunlight, cluttered spaces	Daily light, home supports good choices	___ / 5

COACH NOTE

If everything's a 2, that's not a failing grade — that's just data. I've had clients start at a 1 across the board and rebuild every pillar over a year of small, boring, unglamorous weeks. That's not the slow way. That's the only way that actually holds.

NOURISH

Eat like you've got somewhere to be in forty years.

THE BLUE ZONES TRUTH

In every Blue Zone, the plate is built around plants — vegetables, whole grains, and beans as the main event, not the side dish. Meat shows up rarely, in small amounts. And most cultures share one unglamorous habit: they stop eating before they're stuffed, not after.

THE FUNCTIONAL MEDICINE TRANSLATION

This isn't a diet trend — it's inflammation management. Whole, unprocessed food gives your gut microbiome the fiber it needs to keep systemic inflammation low, which is the common thread running under nearly every chronic condition I see in a lab panel. Stopping at roughly 80% full keeps blood sugar and insulin response from spiking the way it does when a meal ends in “I can't move.” Protein at every meal — plant or animal — does its own share of the work here too: it slows digestion, blunts the same blood sugar spike, and gives your body the raw material it needs for muscle, hormones, and day-to-day repair. Choosing cleaner sources — organic vegetables, organic or pasture-raised meat, when it's accessible — lowers your everyday exposure to pesticide residue and added hormones, which adds up as part of your total toxin load (more on that under Environment).

WHAT THIS LOOKS LIKE IN YOUR BODY

Markers like fasting glucose, HbA1c, and inflammatory markers such as hs-CRP tend to respond to exactly this kind of change — not a single “superfood,” but the overall pattern of what's on the plate, repeated for months. Protein at each meal also helps regulate the hormones that signal hunger and fullness, which is part of why a protein-forward meal curbs cravings hours later — and it directly supports muscle maintenance, which matters even more once you add resistance work into Move.

THE GRIT

Nobody's asking you to become the kind of person who knows their butcher by first name. But “protein at every meal” beats “protein at no meals,” and a couple extra dollars for organic carrots isn't going to bankrupt you. Perfect sourcing isn't the assignment. Real food, more often, with decent protein on the plate, is.

COACH NOTE — MEET YOURSELF HERE

If clean and organic everything feels financially or logistically out of reach right now, don't let that stop you from the bigger win: protein on the plate, period. Upgrade sourcing where and when you can — this is a “better when possible,” not a rule you're failing at.

DAILY / THIS WEEK

- Add a source of protein — plant or animal — to every meal this week: eggs, beans, chicken, tofu, fish, or Greek yogurt all count.
- Choose organic meat and organic vegetables when it's accessible and within budget this week — quality over perfection.
- Practice putting your fork down at “satisfied,” not “done.” Nobody's timing you.

GO DEEPER THIS MONTH

Once protein-at-every-meal feels automatic, take on one sourcing upgrade this month — find one trusted source for organic produce or pasture-raised meat (a farmers market, a co-op, a grocery delivery filter) so quality becomes the default, not a decision every time.

SKIP THIS NOISE

- *Juice cleanses. Your liver already has this job, and it's better at it than a \$12 bottle.*
- *Calorie-counting every bite. This is about the shape of your plate, not a spreadsheet.*
- *Any plan that calls broccoli a “cheat.” It's a vegetable. Relax.*

PILLAR 2 OF 6

MOVE

Movement you don't have to talk yourself into.

THE BLUE ZONES TRUTH

Centenarians in the Blue Zones don't have gym memberships, but their daily lives are full of functional strength — digging in a garden, kneading dough, carrying groceries up hills, getting up and down off the floor without using their hands. Movement is stitched into the day itself, and so is resistance — nobody is “fitting in a workout,” but nobody's muscles are idle either.

THE FUNCTIONAL MEDICINE TRANSLATION

Frequent, low-intensity movement does things a single hard workout can't: it helps regulate blood sugar throughout the day, supports lymphatic drainage, and keeps joints and mitochondria doing their job. Resistance matters just as much — and you don't need a barbell to start. A body carrying its own weight up from a chair, a floor, or a flight of stairs is already strength training. Consistency beats intensity, every time, in every lab panel I've ever reviewed.

WHAT THIS LOOKS LIKE IN YOUR BODY

Short walks after meals in particular are linked to smaller post-meal blood sugar spikes than the same walk taken at a random time. Muscle is one of the most metabolically active tissues you have — more of it means better blood sugar regulation, since muscle is a primary site for glucose uptake. Bodyweight resistance work (squats, push-ups, carrying, climbing stairs) signals your body to preserve that muscle rather than let it decline, which matters more with every decade after 30.

THE GRIT

You do not need a barbell, a personal trainer named Chad, or a mirror selfie to build strength. Gravity plus your own body weight is resistance. Getting up off the floor without using your hands is resistance training. You've been avoiding a “workout” you don't even need equipment for.

COACH NOTE — MEET YOURSELF HERE

If “strength training” sounds like something other people do, start smaller than you think: five slow squats holding onto a counter, or standing up from a chair without using your hands. That counts. You don't need equipment or a program to begin — you need reps, done imperfectly, on repeat.

DAILY / THIS WEEK

- Take a 10-minute walk after one meal a day — this alone measurably blunts blood sugar spikes.
- Add 10–15 minutes of bodyweight strength work 2–3 times this week — squats, wall or knee push-ups, planks, or a resistance band. No gym required.
- Pick 2–3 “movement snacks” today: stairs instead of elevator, parking farther out, a lap around the block on a call.

GO DEEPER THIS MONTH

Once bodyweight strength work feels steady, add light external resistance this month — resistance bands, a pair of dumbbells, or a beginner strength class — and notice how much more you can carry, lift, and get up off the floor without thinking about it.

SKIP THIS NOISE

- *Punishment workouts you book out of guilt and cancel out of resentment.*
- *The idea that movement doesn't count unless you're drenched in sweat.*
- *Waiting for a gym membership or equipment before you're “allowed” to start strength work.*

PILLAR 3 OF 6

REST

Sleep like your hormones are watching. They are.

THE BLUE ZONES TRUTH

Every Blue Zone has a built-in downshift — an afternoon pause, a ritual, a slower pace after a certain hour. Rest isn't scheduled around what's left over. It's non-negotiable, the same way meals are.

THE FUNCTIONAL MEDICINE TRANSLATION

Chronic stress keeps cortisol elevated, and elevated cortisol quietly disrupts the blood sugar, hormone, and immune repair work your body is supposed to do overnight. Poor sleep doesn't just make you tired — it shows up in inflammatory markers weeks later. Rest isn't a reward. It's maintenance.

WHAT THIS LOOKS LIKE IN YOUR BODY

A healthy cortisol curve should be highest shortly after waking and taper through the day — chronic stress and poor sleep flatten or invert that curve, which is part of why the same stress shows up as afternoon energy crashes, sugar cravings, and poor recovery from exercise, not just tiredness at bedtime.

THE GRIT

Hustle culture told you rest is something you earn after you've collapsed. That's not wisdom, that's a burnout pipeline with good marketing. Your nervous system doesn't care how productive your day was — it needs the downshift regardless.

COACH NOTE — MEET YOURSELF HERE

If bedtime currently means “whenever I finally put the phone down,” don't aim for a perfect sleep routine tonight. Aim for ten minutes earlier than usual. That's a real win, and it's the only one I'm asking for this week.

DAILY / THIS WEEK

- Set a wind-down alarm 30 minutes before bed — not just a wake-up alarm.
- Build in one deliberate 10-minute “do absolutely nothing” break daily. Yes, on purpose.
- Protect one consistent bedtime this week, even on the night you don't feel like it.

GO DEEPER THIS MONTH

Once a wind-down routine sticks, add one monthly “reset” — a full unplugged evening or a slower Sunday — to give your nervous system a bigger downshift than any single night can offer.

SKIP THIS NOISE

- *The idea that a nap is lazy. A nap is a Blue Zone tradition older than your job.*
- *Revenge bedtime procrastination disguised as “me time.” It isn't rest, it's a debt.*
- *Sleep tracking so obsessive it becomes its own source of stress.*

CONNECT

Your group chat is lovely. It is not community.

THE BLUE ZONES TRUTH

The people who live longest belong to something — a family living nearby, a faith community, a tight social circle they see in person, regularly, for decades. Belonging isn't a bonus in the Blue Zones. It's infrastructure.

THE FUNCTIONAL MEDICINE TRANSLATION

Isolation and loneliness raise inflammatory markers and stress hormones at levels comparable to established physical risk factors. Social connection isn't a soft, feel-good extra in a wellness plan — it's a biological input, the same as sleep or food.

WHAT THIS LOOKS LIKE IN YOUR BODY

Chronic loneliness has been linked in research to elevated inflammatory markers and stress hormone patterns similar to those seen with smoking or physical inactivity — your nervous system reads isolation as a threat, and it responds accordingly, whether or not you consciously feel lonely.

THE GRIT

You cannot text your way to belonging. A well-timed meme is not a substitute for someone showing up with soup when you're sick. Put actual humans in an actual room — this is not optional self-care, it's a vital sign.

COACH NOTE — MEET YOURSELF HERE

If your social battery is genuinely empty right now, I'm not telling you to host a dinner party. One five-minute phone call with someone who feels easy is a full win this week. Start smaller than feels like enough.

DAILY / THIS WEEK

- Schedule one in-person hang this week — calendar it like you would a doctor's appointment.
- Reconnect with one person or group you've drifted from. One text to restart it counts.
- Have one real conversation this week with the phone face-down and out of reach.

GO DEEPER THIS MONTH

Once one in-person connection a week feels normal, add a monthly standing plan — a recurring dinner, a class, a group that meets regularly — so belonging doesn't depend on remembering to schedule it every time.

SKIP THIS NOISE

- *Treating “likes” as connection. They're not nothing, but they're not it either.*
- *The idea that you're “too busy” for people. The Blue Zones say otherwise — loudly.*
- *Waiting for a special occasion to see the people you love. You don't need one.*

PURPOSE

A reason to get up that isn't your inbox.

THE BLUE ZONES TRUTH

In Okinawa it's called ikigai. In Nicoya, plan de vida. Different words, same idea: a clear reason to get out of bed, distinct from a job title or a to-do list. People in the Blue Zones can tell you why they're here — in one sentence.

THE FUNCTIONAL MEDICINE TRANSLATION

A defined sense of purpose is associated with lower stress reactivity, better follow-through on healthy habits, and outcomes that show up in longevity research again and again. Purpose isn't fluffy — it's a regulator for your entire nervous system.

WHAT THIS LOOKS LIKE IN YOUR BODY

People with a clear sense of purpose tend to show steadier stress-hormone patterns and more consistent engagement with the other five pillars — purpose isn't separate from your physical health, it's often the reason the rest of the plan sticks past week two.

THE GRIT

Your purpose does not need a TED talk, a personal brand, or a mission statement with a tagline. It can be your dog. Your garden. Sunday dinner. If it gets you up and it's yours, it counts — full stop, no committee approval required.

COACH NOTE — MEET YOURSELF HERE

If you drew a total blank on the self-check, that's normal, not alarming. Purpose is often buried under exhaustion, not missing. Start by noticing, not inventing — this week is about paying attention, nothing more.

DAILY / THIS WEEK

- Finish this sentence, in writing: “I get up because ____.” Keep it short and honest.
- Name one thing this week that feels like purpose, not obligation, and do more of it.
- Notice what you'd miss doing if it disappeared tomorrow. That's a clue, not a coincidence.

GO DEEPER THIS MONTH

Once you have a working answer, protect it monthly: block one recurring block of time this month for the thing you named — treat it with the same seriousness as a work deadline.

SKIP THIS NOISE

- *Waiting to “find your purpose” before you're allowed to feel it. It's often already here.*
- *The idea that purpose must be career-sized. Most Blue Zone purpose is people-sized.*
- *Comparing your reason to someone else's Instagram caption. Yours doesn't need an audience.*

PILLAR 6 OF 6

ENVIRONMENT

You can't out-supplement a toxic environment.

THE BLUE ZONES TRUTH

Blue Zone towns make the healthy choice the default choice: walkable streets, gardens instead of vending machines, daily sunlight, nature within reach. Nobody there is relying on willpower — the environment is doing the heavy lifting.

THE FUNCTIONAL MEDICINE TRANSLATION

Sunlight and nature exposure support vitamin D and circadian rhythm, both tied to immune and hormone function. Meanwhile, everyday plastics and processed packaging carry endocrine disruptors that add to your body's total toxin load — a real, measurable input, not a wellness buzzword.

WHAT THIS LOOKS LIKE IN YOUR BODY

Morning light exposure in particular helps anchor your circadian rhythm, which cascades into sleep quality, cortisol timing, and even appetite regulation — one of the few pillar actions here that costs nothing and takes ten minutes.

THE GRIT

No supplement stack, however expensive, out-competes a genuinely toxic day-to-day environment. Design your space so the healthy choice is also the lazy choice — that's not a cop-out, that's exactly what the healthiest people on the planet are doing.

COACH NOTE — MEET YOURSELF HERE

If your environment currently makes the unhealthy choice the easy one — no judgment, most modern environments are built that way — change one square foot this week. One drawer. One counter. Not the whole house.

DAILY / THIS WEEK

- Get 10 minutes of outdoor sunlight daily — no sunglasses, ideally before 10am.
- Swap one plastic food container for glass this week. Just one. Momentum matters more than perfection.
- Declutter one “temptation zone” (snack drawer, car console) so the easy grab is also the good one.

GO DEEPER THIS MONTH

Once the daily light habit sticks, take on one bigger monthly environment project — clearing one more toxin source, redesigning one room, or building a short outdoor ritual into your morning routine.

SKIP THIS NOISE

- *The idea that you need a \$500 air purifier before any of this counts. You don't.*
- *All-or-nothing detox culture. Total toxin load goes down one swap at a time, not overnight.*
- *Guilt about the things you can't control. Focus on what's actually in your reach.*

PUTTING IT TOGETHER

The 30-Day Starter Path

You don't need all six pillars at once. Layer them, one week at a time, starting with whatever scored lowest on your self-check. This is a template — swap the order to match your own scores.

Week	Focus	What You're Actually Doing
Week 1	Your lowest-scoring pillar	Just the “Daily / This Week” actions for that one pillar. Ignore the other five completely.
Week 2	Add pillar #2	Keep Week 1's habit running. Layer in the weekly actions from your second-lowest pillar.
Week 3	Add pillars #3 & #4	If the first two feel steady, add two more. If they don't feel steady yet, repeat Week 2 — that's not falling behind.
Week 4	Add the rest, then review	Layer in whatever's left. Re-take the self-check. Notice what moved — then pick your monthly focus going forward.

COACH NOTE

If you finish Week 4 and only two pillars stuck — that's not a failed month. That's two real, durable changes most people never make in a year. Keep those two running and layer the rest in over the months ahead using the rotation on the next page.

FOR THE LONG RUN

The Six-Month Rotation

After your 30-day path, you'll likely have a few pillars running on autopilot and a few still shaky. Rather than trying to master all six forever, give each one a turn as your “Go Deeper This Month” focus — rotate through, one per month, revisiting the pillar pages as you go.

Month	Deepen	Everything Else
Month 1	Nourish	Maintain, don't perfect
Month 2	Move	Maintain, don't perfect
Month 3	Rest	Maintain, don't perfect
Month 4	Connect	Maintain, don't perfect
Month 5	Purpose	Maintain, don't perfect
Month 6	Environment	Re-take the self-check, compare to Month 1

“Maintain, don't perfect” means exactly what it says: keep the weekly action from earlier months running on the easy setting, while your energy and attention go to this month's pillar. This is how the Blue Zones actually work — not six perfect habits installed overnight, but six ordinary ones, compounding for decades.

THE CHEAT SHEET

Six Pillars, One Page

Pillar	This Week	This Month
1. Nourish	Protein at every meal.	Upgrade one source to organic.
2. Move	Walk 10 min + bodyweight strength 2-3x.	Add light resistance (bands/weights).
3. Rest	Wind-down alarm, 30 min.	One unplugged evening.
4. Connect	One in-person hang.	One standing plan.
5. Purpose	Write "I get up because".	Block time for it.
6. Environment	10 min morning light.	One room project.

You just got the full field guide — 20+ years of functional medicine coaching, translated into six ordinary things, a real starting point, and a way to keep going past day one.

If you want to go further — working through this with your own biomarkers, your own life, and someone in your corner — that's exactly what Root Cause Reset (my 90-day signature program) and the Clarity Intensive (a single deep-dive session) are for.

NEXT STEP

Find Root Cause Reset, the Clarity Intensive, and everything else at Feel Good PC — come say hi.