Be Younger Than Your Years in 2014

Take the Vitality Compass®! The assessment will: calculate your biological age, overall life expectancy, healthy life expectancy, and years you are gaining or losing because of your habits.

Get Started Today

1. Log in to BlueZonesProject.com/compass
2. Click “Start Now” and take the 5-minute assessment
3. Share your score online with #vitality14

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