



# OPTIMAL WELLNESS

## MUM - A Blue Zones Project® Success

What does being well look like for faculty and staff @ Maharishi University of Management?



### Being Blue

### Being Green



A **community** with shared values and experiences.



MUM is the **1st** university to be a blue zone designated worksite

A cosmopolitan mash-up of over

**80 countries**



**984**

bike rack spaces on campus

**12**

Designated walking paths **5.19** total miles



Free "yellow bike" service



**Largest**

**NON-GMO** vegetarian dining hall in the US



No public food/drink vending machines on campus

### Being Good

**FREE MEMBERSHIPS**

to the

**60,000 sq. ft**

MUM Rec Center



discounts on Maharishi Ayur-veda products

**88,651 Volunteer**

hours per year for world peace

**low / no cost** medical consultations



Nicotine



Free Campus

Free **3 day** Maharishi Ayur-veda Rejuvenations