Try a new way to get healthier & happier!
Join a Walking Moai Team. Sign Up Today!

“...we always have a great time. Our walks always end with rousing cheers of ‘great walk, what a fun time, [and] see you next time’.”
–Rick, Moai® Member

What’s a Walking Moai?

Walking Moai’s (or hui’s) are groups of up to 10 people who walk together at least once a week for 10 weeks to points of interest throughout the community. Teams spend time together and build friendships while tracking their steps as they explore their neighborhoods.

The term “moai” comes from Okinawa, Japan. It means “meeting for a common purpose.” It originated as a way for villagers to support each other in times of need. Moai Walking Teams encourage that same social support while adding the physical benefits of walking.

Why Join a Walking Moai?

Moai Walking Teams are a great way to meet new friends and stay healthy. Sign up and we’ll connect you to a team and help you discover a healthier, happier, more connected future.

Getting Started:

Step 1: Sign up for the Blue Zones Project and then register for the Moai Launch at:
info.bluezonesproject.com/cm/moai/uhmc

Step 2: After signing up, attend the launch event to join a team and wear comfortable clothing and walking shoes.

Launch Event:

DATE: Thurs, Feb 22, 2018

Launch 1: 12pm Registration 12:30pm Launch 1pm First Walk

Launch 2: 4pm Registration 4:30pm Launch 5pm Second Walk

Location: UHMC Student Lounge