



BLUE ZONES PROJECT®

WINTER/SPRING 2021



What Is Blue Zones Project?

Blue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted over 720 organizations and more than 225,000 individuals. If you're hearing about us for the first time, we are a well-being project that works with individuals, homeowners associations, faith-based organizations, restaurants, grocery stores, schools and businesses in the community to help make healthy choices easier. Using National Geographic research that found nine commonalities (the Power 9®) among people around the world who live the longest and healthiest, we provide tips and tools to help people in Southwest Florida also live longer, better lives.

But How? The Power 9 include best practices like; taking time in your day to do something you love in order to de-stress, spending quality time with friends and family, eating more fruits and vegetables, exercising and moving throughout the day, and finding and living your true purpose. By incorporating these practices into your life, you will notice the impact on your health and happiness over time. You don't need to do all of the Power 9, but by adopting as many of the principles as you can, you'll improve your opportunity to live a healthier, happier, longer life.

Blue Zones Project isn't a diet, exercise or healthcare plan. We don't mandate that you adopt certain health practices. It is all about choice. We strive to meet people where they are on their well-being journey. We invite you to make small changes which will lead to big health benefits in the long run. One of our taglines is "Making Healthy Choices Easier". This means, for example, that instead of only offering pastries at your next meeting, you could also offer fruit.

You may have seen or heard about the events and activities that Blue Zones Project offers. Because Blue Zones Project is sponsored by NCH Healthcare System, all of our events, activities and information are completely free. That's right! Free. These events are designed to get people moving, discover and reconnect with their purpose, give back to their community through volunteering and increase socialization and companionship. To date we have more than 4,100 people that have participated in a walking or a potluck group, or Moai® as we call them (a Japanese term for "meeting for a common purpose").

In order to determine the success of the project and to make sure that our work is making an impact in Southwest Florida, Blue Zones Project partners with a nationally recognized survey organization to poll the community. By looking to see if there has been an impact in the five areas of well-being; financial, community, purpose, social and physical, Blue Zones Project can determine what areas can be improved upon, where our resources are needed, and how we're affecting change.

In addition to the survey, we collect metrics to help assure our partnering organizations are moving the well-being needle in a positive way. Measurements allow us to determine where well-being resources are most needed. Individuals can also measure their personal well-being by using the Real-Age tool (bzpsouthwestflorida.sharecare.com). This allows each of us to assess our well-being, periodically. It can be used as a motivator and a guide toward adopting behaviors which may increase your quality and quantity of life.

Over the next few pages, you will learn more about what Blue Zones Project has been up to. By working with city and county policy leaders, with clubs, non-profits, large and small businesses, schools, grocery stores, restaurants, faith-based organizations and homeowners associations, we've been busy collaborating with our many partners, improving the well-being of our community. We hope you'll join us. Together, we can make a difference for now and for generations to come!

Over **720** organizations + **225,000** people engaged

- 132** Worksites
- 102** Restaurants
- 70** Homeowners Associations
- 44** Schools & **15** Pre-Schools
- 3** Universities/ Colleges
- 35** Faith-Based Organizations
- 3** Grocery Stores
- 321** Other Organizations (non-profits, small businesses)



What Is your Real Age?

American comedian, award-winning actor and best-selling writer, George Burns said it best. "You can't help getting older, but you don't have to get old." Burns, who lived and even worked to 100 years old, understood that the number of candles you blow out on your birthday does not determine how old you are. In fact, we have two ages: a chronological age, our age based on when we were born, and a biological age, which refers to how old our body really is and therefore, our "real" age.

Depending on factors that include eating, stress, exercise and sleep habits, along with family history, behaviors, and existing conditions, your biological age will be higher or lower than your chronological one.

Blue Zones Project invites the SWFL community to use the **RealAge®** tool by Sharecare. This 10-minute health assessment is **free** and will get your RealAge result: an estimate of your body's age based on more than 100 factors affecting your health, happiness, and lifespan. You get a personalized health profile, easy-to-implement health tips, and a dashboard that shows your progress toward your health goals.

Users of the RealAge tool also receive free access to the Sharecare App that includes additional well-being resources like relaxation and wellness videos, a financial health assessment tool, and the COVID-19 care center.

Access the RealAge tool today by visiting bzpsouthwestflorida.sharecare.com.

POWER 9

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.

- MOVE NATURALLY:** Find ways to move more! You'll burn calories without thinking about it
- PURPOSE:** Wake up with purpose each day and add up to seven years to your life
- DOWNSHIFT:** Reverse disease by finding a stress-relieving strategy that works for you
- 80% RULE:** Eat mindfully and stop when 80% full
- PLANT SLANT:** Put more fruits and vegetables on your plate
- FRIENDS/WINE @ FIVE:** Schedule social time with friends while enjoying healthy drinks
- FAMILY FIRST:** Invest time with family - and add up to six years to your life
- BELONG:** Belong to a faith-based community and attend services regularly to add up to 14 years to your life
- RIGHT TRIBE:** Surround yourself with people who support positive behaviors - and who support you



"The pandemic has tested all of us in ways we couldn't have imagined. Through it all, we have witnessed our community work together to ensure the safety and well-being of one another. As we move forward with continued hope and optimism, we remain committed with Blue Zones Project in providing free resources like the RealAge tool and virtual Power 9 activities to lead Southwest Florida into a healthier and happier 2021."

NCH President and CEO, Paul Hiltz

Sponsored by



How Can YOU Live Longer, Better?

Blue Zones Project is a “we” project, meaning that if we all get involved, we can make a greater impact on our own well-being, as well as help our family, friends and community thrive. So, how can you get involved?

PARTICIPATE

- Visit SouthwestFlorida.BlueZonesProject.com/Pledge to sign the online pledge (no money involved). After you sign up, you’ll begin receiving our monthly e-newsletter which will keep you “in the know” about activities and events, as well as recipe ideas and more.
- Attend a Live Longer, Better Presentation (see upcoming dates on the last page of this brochure). This will give you all the information needed to get you and/or your organization involved. You can also register your organization here - southwestflorida.bluezonesproject.com/organization/signup-start. We’ve helped all types of organizations from schools to non-profits, and worksites of all sizes participate with us.
- Some say you’re as young (or old) as you feel. Have you used the RealAge tool to get an estimate of your body’s “real age” and a customized well-being plan? Use the free tool today at BZPSouthwestFlorida.sharecare.com.
- Attend a Blue Zones Project Purpose Workshop. People who know their purpose can live up to seven years longer. (See upcoming dates on the last page of this brochure).

Using National Geographic research that found nine commonalities (the Power 9®) among people around the world who live the longest and healthiest, we provide tips and tools to help people in Southwest Florida also live longer, better lives.



CURRENT BLUE ZONES PROJECT * PARTICIPATING ORGANIZATIONS

Blue Zones Project® is a well-being improvement initiative that makes healthier choices easier. When individuals and organizations participate, even small changes add up to big improvements, lowered healthcare costs, and a higher quality of life for all.

FAITH BASED ORGANIZATIONS

C3 Church Naples Florida
 Celebration Community Beach
 Christus Victor Lutheran
 Church of the Nazarene
 Cornerstone United Methodist
 Jubilee Fellowship of Naples
 Legacy Church Estero
 Mayflower Congregational UCC
 New Haitian Church of the Nazarene
 Naples United Church of Christ
 Rock Of Refuge
 Saint John the Evangelist Catholic
 St. Agnes Catholic
 St. John’s Episcopal
 The Arlington of Naples
 The Springs of Bonita
 Unity of Naples

GROCERY STORES

Wynn’s Market, Naples

HOA’S, CLUBS, AND RESIDENCES

Arbor Trace
 Bayfront
 Bonita Lakes
 Copperleaf
 Countryside Golf and Country Club
 Crystal Lakes RV Resort
 Del Webb Naples
 Delasol
 Diamond Oaks Village
 Discovery Village at Naples
 Fiddlers Creek
 Foxfire Golf and Country Club
 Glades Golf and Country Club
 Island Walk
 Landmark Naples
 Marbella Isles
 Naples Heritage Golf and Country Club
 Naples Lakes Country Club
 Naples Reserve
 Palmira Golf and Country Club
 Pelican Landing
 Preserve at Corkscrew
 Quail Creek Country Club
 Riverwoods Plantation
 Sapphire Lakes
 Stonebridge Country Club
 Tavira Condominium at Bonita Bay
 The Arlington of Naples
 The Community of Bonita Bay
 The Dunes
 The Glenview at Pelican Bay
 Tidewater by Del Webb
 TwinEagles
 Vanderbilt Country Club
 VeronaWalk
 Village Walk of Bonita Springs
 Village Walk of Naples
 Vineyards Country Club
 Wildcat Run Golf and Country Club
 Windstar on Naples Bay
 Worthington Country Club
 Wyndemere Country Club

OTHER ORGANIZATIONS

Above Board Chamber
 A Plant Based Diet
 ABN Law

Artichoke and Company
 Barre Fusion
 Beautiful Health
 Beyond Motion
 Ginsberg Eye Ophthalmology
 Benison Center
 BKS Yoga Studio LLC
 Be Well in Paradise
 C2 Communications
 Cafe of Life
 Cancer Alliance of Naples
 Central Auto Center
 Cheryl Korbel- DoTERRA
 Children’s Dentistry of Naples
 Ciccarelli Advisory Services
 Circle C Farm
 City of Naples Fire Department
 Coldwell Banker Naples 5th Ave
 Cora Physical Therapy
 Creative Business Coaches
 Creative Connection
 Cypress Cove Conservancy
 Davidson Engineering
 Denise A Pancyrz LLC
 Dr. Svetlana Kogan
 E. Sue Huff & Associates, Inc.
 Edible Arrangements Naples
 Emmanuel Community Park
 Escape Hatch 2 Wellness
 Estero Body Bootcamp
 Estero Chamber of Commerce
 Estero Family Chiropractic
 Fairways Inn of Naples
 Fit2Run
 Florida SouthWestern State College
 Fundamental Health Solutions
 GAIN (Growth and Improvement Never Ending)
 Greater Naples Fire Rescue District
 Greenmonkey Yoga
 Guadalupe Center
 HBK CPAs and Consultants
 Horizon Wellness - Hire A Daughter
 Iconic Journeys
 I’m Simply Nutty- Food Vendor
 Including ALL Children
 Island Coast Dentistry
 It Starts With You Wellness
 Joyful Yoga and Ayurvedic Spa
 Jubilee Fellowship of Naples
 Just Breathe LLC
 KAJ Gallery
 Kava Culture Kava Bar
 Kingdom Mobilization
 Lancit Digital Media
 Lean and Green Body LLC
 Let’s Talk Dementia
 Life in Naples
 Lifestyle Beverages Distributors
 Literacy Volunteers of Collier County
 LiveWell Southwest Florida
 LivingWell Chiropractic
 Local Roots LLC
 Longevity Performance Center
 Love In Hands Massage Therapy
 Love Yoga Center
 Love Your Life with Suz
 LoveINC of South Lee and North Collier Communities
 M Room Company USA
 Marco Island Rotary Sunrise

Max Flex Fitness
 MaxxCard
 Meals of Hope
 NAMI OF COLLIER COUNTY
 Naples Abundant Health Chiropractic
 Naples Art Association
 Naples Culinary Walks
 Naples Family Fitness Center
 Naples Fit Body Boot Camp
 Naples Green Scene
 Naples Historical Society
 Naples Interagency Council
 Naples Park Central Hotel
 Naples Personal Training
 Natural Wines Naples
 Neighborhood Organics
 New Balance Naples
 New Horizons of Southwest Florida
 Oils are a Gift
 Our Yoga Place
 Patient Best
 Pickleball For All
 Plan B Connections
 Powerful You
 Preferred Travel of Naples
 Project Evolve
 Purely You Spa
 Purple Panda Wellness
 Purple Spoon Culinary
 Regions Private Wealth
 Rejuvenate Active Recovery Centers
 Right At Home
 Rotary Club of Immokalee
 Sage Events LLC
 Sagewood Institute
 Senior Housing Solutions
 Shangri-La Springs
 Siena Wealth Advisory Group
 Smart Choices Healthcare
 Southern Tropics Pickleball
 STARability Foundation
 Strand Sisters
 Sunshine State Podiatry
 SWF UTK Alumni Chapter
 Swimtastic Swim Schools
 Synergy Elite Medical
 The Greater Naples Chamber of Commerce
 The Hotel Escalante and Veranda E
 The Moorings Inc
 The Spice and Tea Exchange of Naples
 The Waterside Shops
 Think Outside the Diamond
 Tidewater FirstService Residential
 Tigers Den Salon
 United Way of Collier County
 US Open Pickleball Academy
 Women Of The 239
 YMCA of South Collier

RESTAURANTS

21 Spices by Chef Asif
 Baleen, La Playa Beach Resort, Naples
 BRK Pizza, Naples
 CJ’s on the Bay, Marco Island
 Coast, Edgewater Beach Hotel
 Cosmos Ristorante & Pizzeria
 EE-TO-LEET-KE Grill - Seminole
 Casino Hotel Immokalee
 Fify’s Caribbean Cuisine, Immokalee
 First Watch Granada Shoppes

Jason’s Deli, Naples
 Juicelation, Naples
 Island Walk Bar & Grill
 LuLu B’s Diner
 Mel’s Diner, Naples
 Naples Flatbread, Miromar Outlets
 Oakmont at The Vineyards (Private)
 Old 41 Restaurant, Bonita Springs
 Organically Twisted, Naples
 Palladio Trattoria, Bonita Springs
 Riverwalk at Tin City, Naples
 Shula’s Steak House, Naples
 Skillet, Bonita Springs
 Skillet, Lely
 Skillet, North Naples
 Skillet, Parkshore
 Skillet, Pavilion
 Skillet, The Strand
 Skillet, University Village
 Sunburst Café
 Survey Café, Bonita Springs
 The Boathouse on Naples Bay
 The Bowl, Naples
 The Bowl Central, Naples
 The Cafe at Bonita Beach
 The Café on 5th, Naples
 The Local, Naples
 The Wave Cafe - NCH North Hospital
 Tree Top Cafe - NCH Baker Hospital
 True Food Kitchen, Naples
 Vanderbilt Country Club (Private)
 Vyne House at Talis Park (Private)

PRE-SCHOOLS

Bears Den
 Camp Discovery
 Gaynor Early Learning
 Guadalupe Center
 Naples Preschool of the Arts
 Pathways Early Learning Center
 Waves of Wonder

SCHOOLS

Big Cypress Elementary
 Bonita Springs Charter
 Bonita Springs Elementary
 Corkscrew Elementary
 Golden Gate Elementary
 Gulf Coast Charter Academy South
 Gulfview Middle
 Immokalee Technical College
 Lake Park Elementary
 Lake Trafford Elementary
 Lely Elementary
 Lorenzo Walker High School & College
 Mike Davis Elementary
 Naples High
 Naples Park Elementary
 Osceola Elementary
 Palmetto Elementary
 Pelican Marsh Elementary
 Pine Ridge Middle
 Pinecrest Elementary
 Poinciana Elementary
 Sabal Palm Elementary
 Saint Ann School
 Saint Elizabeth Seton Catholic School
 Sea Gate Elementary
 Tommie Barfield Elementary
 Veterans Memorial Elementary

COLLEGES & UNIVERSITIES

Florida Southwestern, Collier

WORKSITES

Arthrex
 Artis-Naples
 Avow
 Blue Zones Project SWFL
 Bonita Springs Charter School
 Bonita Springs Elementary School
 Boys and Girls Club of Collier County - Immokalee
 Bridging the Gap Physical Therapy
 CID Design Group
 City of Naples
 Collier County Government BCC
 Community Health Partners
 Countryside Golf and Country Club
 David Lawrence Behavioral Health Centers
 District School Board of Collier County
 Eagle Creek Golf and Country Club
 FineMark National Bank and Trust Naples
 FineMark National Bank and Trust Bonita Springs
 Florida Blue - Estero
 Florida Department of Health-Collier
 Florida SouthWestern State College - Collier Campus
 Foot Solutions Estero
 Foxfire Golf and Country Club
 Golf Club at Palmira
 Grace Place for Children and Families
 Guadalupe Center
 Gulfshore Concierge Medicine
 Gulfshore Insurance
 Healthcare Network of Southwest Florida
 Hodges University
 Immokalee Foundation
 Lee County Public Schools Administration
 London Bay Homes
 Moorings Park
 Naples Botanical Garden
 Naples Coastal Animal Hospital
 Naples Players
 Naples Zoo
 NCH Healthcare System
 PBS Contractors
 RCMA Immokalee
 Renaissance Center Club
 RGB Internet Systems Inc
 SWFL Inc. Chamber of Commerce
 The Arlington of Naples
 The Club at Mediterra
 The Commons Club at The Brooks
 The Hertz Corporation
 The Naples Beach Hotel
 The Shelter
 Thomas Riley Artisans’ Guild
 Vi at Bentley Village
 Wyndemere Country Club

*Participating as of Jan. 1, 2021

Want your organization to become Blue Zones Project Approved?
 Register at SouthwestFlorida.BlueZonesProject.com

EXPERIENCE BLUE ZONES PROJECT IN SOUTHWEST FLORIDA...

Creating Healthy Worksites

Since many of us spend more than 40 percent of our day at work, it's important for Blue Zones Project to partner with businesses to help shape well-being in the workplace environment. Employees with higher levels of well-being are shown to perform better, have higher productivity and reduced absenteeism. By having healthier employees, an employer can experience lower healthcare costs and reduced turnover, which also allows them to attract top talent by being a worksite of choice. In fact, Blue Zones Project recently launched the **RealAge® tool** for worksites to measure and track changes in workforce well-being over time. Since its launch, over 400 employees from Blue Zones Approved Worksites have discovered their real age while helping their company identify health risks within the labor force via RealAge's aggregate health assessment capabilities. Once 25 or more employees from the same worksite take the test, the app will compile the data to show the overall RealAge delta of the team, as well as approximately 20 other health indicators. This information can be used to address common themes like sedentary lifestyles, heightened levels of stress or financial insecurity, lack of healthy eating, and more through an effective wellness program. Additionally, after using the RealAge tool, each employee will also gain free personal access to the Sharecare app which offers everything from mindfulness and meditation classes to fitness and diet trackers, and financial well-being tutorials. The success of worksite wellness programs implemented in response to the RealAge tool aggregate data can be measured simply by re-taking the test on a semi-annual basis. Not only is the RealAge tool free, but the aggregate results of the test can also help an employer save on health care costs, and negates the need to invest in expensive health assessment tools and personal health monitoring applications.



Join Blue Zones Project Approved™ Worksites like **Thomas Riley Artisans, London Bay Homes, Guadalupe Center, CID Design Group, Arthrex and Bonita Springs Charter School** in deploying the RealAge tool today! To find out more, call us at 239-624-2312 or email bluezonesprojectswfl@sharecare.com.

Helping Our Youth Thrive

Blue Zones Project efforts in local schools, preschools and daycares are focused on teaching healthy habits early on in life. Research shows that healthier students earn higher test scores, have higher attendance rates and tend to be more socially connected. There are currently 44 schools that are Blue Zones Project Approved. Collier and Lee Public School Districts have been actively involved with Blue Zones Project and there are more than 1,200 students across the Collier district that are participating in pre or after-school running programs.

An important step in keeping our youth healthy is also helping our educators and staff optimize their well-being. Many Collier County Public Schools faculty and staff recently took part in Blue Zones Project's 30 for 30 Movement Challenge. The challenge encouraged participants to create a healthy habit by getting people to become part of a larger, like-minded group and encourage them simply to get up and get moving for at least 30 minutes a day for 30 days straight. Participants logged their progress daily and reported it at the end of the challenge. "With many faculty and staff who may be feeling a bit overwhelmed by COVID-related stress, it was encouraging to see so many of them take advantage of this well-being opportunity," says Joe Stoner, Blue Zones Project Schools and Youth Coordinator. Schools like **Osceola Elementary** and **Village Oaks Elementary** (picture above) formed small groups to keep each other motivated and celebrated their success on starting a new and healthy habit.



Engaging Faith Based Organizations & Homeowners Associations

By working with Faith-Based Organizations (FBOs) and Homeowners Associations (HOAs), Blue Zones Project can help foster social connection that leads to friendships and support networks. Yes, even FBOs and HOAs can become Blue Zones Project recognized. In fact, **Twin Eagles** and **The Dunes** are the first HOAs to complete their validation process completely virtually! Twin Eagles celebrated their recognition at the ribbon cutting in true Blue Zones fashion wearing their Blue Zones Project t-shirts and organized a walking moai around the golf course (picture below).



Building resiliency among our HOA communities is needed now more than ever. Blue Zones Project recently held the 2020 HOA virtual summit to explore ways to bring greater resiliency and wellness into our communities. More than 40 participants joined the summit led by Blue Zones Project HOA lead, Chante Pemberton and lifestyle director, Mark Irish. Each participant brought their passion for community as they engaged in meaningful discussion and shared many new ideas and tips to optimize well-being.



Engaging Individuals to Live Longer, Better®

To engage individuals in our community, we offer many activities that include Walking and Potluck Moais® (Moai means a group of people coming together for a common purpose), well-being challenges, RealAge tool, monthly volunteering opportunities throughout the community, and purpose workshops, an interactive seminar that helps you discover your unique gifts and talents. Why do we offer these activities free to the community? Because we know people who have a strong sense of purpose, who volunteer, and have supportive relationships live longer, happier lives. Recently, more than 400 community members attended the Blue Zones Project 5th Annual Year in Review Event. We were joined by special guests, Dan Buettner, NYTimes Best Selling Author and Blue Zones Founder, and Paul Hiltz, NCH Healthcare System President & CEO in a live discussion on the importance of building and maintaining resilience in our community. Event guests also heard from other community leaders and Blue Zones Project Steering Committee members about the role of resiliency over the past year and how it will remain a key pillar of well-being in the future.



Restaurants Growing a Healthy Business

Restaurants can provide more than just food. They can make us feel like we're part of their family. Whether dining in or ordering meals to go, Blue Zones Project Approved restaurants also provide food that's genuinely good for you. Plant slant meals – beans, greens, vegetables and fruits – are delicious and nutritious. They contain sustainable proteins and the vitamins and minerals our bodies need.



Blue Zones Project works with all restaurants both public and in private communities that include **Oakmont in Vineyards, Vanderbilt Country Club, and Vyne House in Talis Park. Island Walk Bar and Grill**, located inside Island Walk community is open to the public, and they're also approved. There are now more than 40 Blue Zones Project Approved restaurants in Southwest Florida

that have made the healthy choice the tasty choice. Is your favorite restaurant participating with us? If not, connect them with bluezonesprojectswfl@sharecare.com and we'll help them grow a healthy business. Blue Zones Project provides free restaurant coaching, menu design, and marketing support to help them increase customer awareness and grow their business.

Grocery Stores Providing Healthier Options

Grocery stores play a crucial role in well-being, providing easy access to healthy foods and beverages. **Wynn's Market** was the first Blue Zones Project Approved grocery store in Southwest Florida. They have seen increased sales in produce, bottled water, and healthy Deli and Catering meals. Wynn's has increased their plant slant offerings with more than a dozen fresh items like a Chipotle Burrito Bowl, a Vegan Rice Bowl, Butternut Squash Bisque Soup, Lentil Turmeric and Spinach Soup, and great sides like Garlic Roasted Brussels Sprouts. Blue Zones Project helped **LeGrand Caribbean Market** in Immokalee increase their produce display from 12 feet to more than 30 feet. LeGrand's is now able to offer Fresh Access Bucks, a pilot program in Florida where SNAP customers double their money for free fresh produce. Connect your local grocery store or neighborhood market with bluezonesprojectswfl@sharecare.com and we'll help them, free of charge, to grow a healthy business. We offer grocers free business analysis, help with merchandising and fixtures, and marketing support.



Policy Leaders Making Healthier Choices Easier in Southwest Florida

Did you know that Blue Zones Project works with both city and county government in Collier County and in Bonita Springs and Estero? We work in three major policy areas including: tobacco, food, and built environment for better movement and accessibility. Blue Zones Project helped launch the **SWFL Food Policy Council** in late 2020. Upon its establishment, the council identified a funding opportunity and was awarded \$100,000 from the Aetna Foundation's Healthiest Cities and Counties Challenge Grant Program. The grant and the full time Food Policy Coordinator position it is funding are being housed within the SWFL Regional Planning Council. Together, with a myriad of partners, Blue Zones Project and SWFL Regional Planning Council aim to increase communication, supply, and distribution within the local food system to ensure consistent healthy food access to all in need.

The **City of Bonita Springs' West Terry Street marquee project** is seeing great



progress and is on target for completion soon. The project will have a 12 foot, non-motorized multi-use path on the north side of W Terry St as well as a five foot wide, on street, buffered bike lanes in both east and west directions.

To find a list of all the organizations currently participating with Blue Zones Project, visit southwestflorida.bluezonesproject.com



BLUE ZONES PROJECT® EVENTS

LIVE LONGER, BETTER PRESENTATION

Unfamiliar with what Blue Zones Project is all about? Want to find out how you and/or your organization can get involved in this community-wide project? Attend a Live Longer, Better presentation! If you can't make it to a scheduled presentation, we have recorded sessions available to view at any time. For more information, please call **239.624.2312**.

Thursday, Jan. 21
4:00 p.m.-5:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

Thursday, Feb. 18
4:00 p.m.-5:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-2-18)

Thursday, Mar 18
4:00 p.m.-5:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-3-18)

Thursday, Apr. 15
4:00 p.m.-5:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-4-15)

View online recording [LiveLongerBetter.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-event-2021-1-21)

PURPOSE WORKSHOPS

These two-hour interactive workshops will help you define your unique gifts and talents and how to better use them in both your personal and professional life. By the end of the workshop you will craft a Purpose Statement and begin living a more purposeful life! For more information, please call **239.624.2312**.

Thursday, Jan. 28
5:00 p.m.-7:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-28)

Thursday, Feb. 25
9:00 a.m.-11:00 a.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-2-25)

Thursday, Mar. 25
5:00 p.m.-7:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-3-25)

Thursday, Apr. 29
9:00 a.m.-11:00 a.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-4-29)

COOKING CLASS DEMONSTRATIONS

Learn how to apply Blue Zones Project® principles for healthier cooking options using veggies, fruits, whole grains, beans and nuts. You'll receive expert tips for tastier and healthier meals and snacks that your family and friends will love. Sign up to receive your online Cooking Demo to learn how to make delicious Blue Zones Project® inspired dishes! Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.

Available Online [Sign up: BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

MOVE NATURALLY FITNESS SERIES

The world's longest-lived people don't necessarily pump iron, run marathons or join gyms. Instead, they live in environments where movement comes naturally. Blue Zones Project Southwest Florida has teamed up with Nino Maggadino, Wellness and Fitness Instructor at Max Flex Fitness in Naples, FL to show you some simple, low impact exercises you can do right at home to help you get moving and feeling your best. Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.

Available Online [Sign up: BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

MOVE NATURALLY WITH PILATES

Pilates (pronounced puh-lah-teez and not pie-lates) is designed to stretch, strengthen, tone and balance your body. Pilates has proven itself invaluable not only as a challenging workout, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds. Blue Zones Project Southwest Florida has teamed up with Amy Lademann, co-owner and director of Pilates and Barre at BEYOND MOTION® to help you gain core strength, flexibility, and body awareness to support efficient movement through activities of daily living, additional workouts and sports performance. Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.

Available Online [Sign up: BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

DOWNSHIFT WITH YOGA AND TAI CHI

The need to downshift is more important now than ever. Learn from Yoga instructor, Julie Frizzi, and Tai Chi instructor, Suzanne Jeffreys on how to recharge, gain flexibility, and find your balance with Yoga and Tai Chi exercises that you can do in the comfort of your own home. Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.

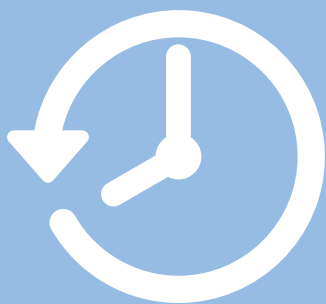
Available Online [Sign up: BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

PLANT BASED SMOOTHIE DEMONSTRATIONS

When healthy food tastes great, better food choices are irresistible. Smoothies are one of the simplest and most flavorful ways to get your nutrients and can be enjoyed for breakfast, lunch or an afternoon snack. Health coach, Michelle Joy Kramer will show you how to prepare delicious plant based smoothies to help keep you going throughout your day! Once you are registered, you will receive the smoothie demonstration video link to view at anytime.

Available Online [Sign up: BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-southwest-florida-event-2021-1-21)

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Take them back and grow younger in 2021 with the RealAge tool.**

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Open the camera on your smart phone and point it at this QR code to access the RealAge tool.

