



# BLUE ZONES PROJECT®

FALL 2021



## What Is Blue Zones Project?

**B**lue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted over 760 organizations and more than 275,000 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 4,500 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](http://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 **760** organizations + **275,000** people engaged

- 143 Worksites
- 102 Restaurants
- 74 Homeowners Associations
- 52 Schools & 19 Pre-Schools
- 3 Universities/ Colleges
- 37 Faith-Based Organizations
- 3 Grocery Stores
- 330 Other Organizations (non-profits, small businesses)



## 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

## Digital Well-being

Blue Zones Project is now providing access to free tools and resources through the Sharecare online platform to help power your well-being. Starting with the RealAge health assessment, each person – no matter where they are in their health journey – is provided a customized well-being plan, challenges, and easy connection to information and evidence-based programs to help live their best (and youngest) life.

Visit [bzpsouthwestflorida.sharecare.com](http://bzpsouthwestflorida.sharecare.com) or scan the code with your smartphone camera to access the online platform.



SCAN ME



*"Providing quality healthcare and optimizing community well-being are at the forefront of what we do. Maintaining a collaborative approach through initiatives like Blue Zones Project, Resilient SWFL, and our Access Healthline strengthen our efforts in building an environment for all residents of Southwest Florida to help them live longer, happier, healthier lives."*

**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](https://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](https://southwestflorida.bluezonesproject.com/organization/signup-start). We've helped all types of organizations from schools to non-profits, and worksites of all sizes boost their well-being.
- 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](https://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  
 Unitarian Universalist Congregation of Greater Naples  
 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  
 Quail West  
 Riverwoods Plantation  
 Sapphire Lakes  
 Stonebridge Country Club  
 Tavera 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  
 Benison Center

### OTHER ORGANIZATIONS (cont'd.)

Beyond Motion  
 BKS Yoga Studio LLC  
 Be Well in Paradise  
 Calusa Garden Club of Marco Island  
 C2 Communications  
 Cafe of Life  
 Cancer Alliance of Naples  
 Central Auto Center  
 Cheryl Korb- 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  
 EXP Realty - The Sprigg Group  
 Fairways Inn of Naples  
 Fit2Run  
 Florida SouthWestern State College  
 Fundamental Health Solutions  
 GAIN (Growth and Improvement Never Ending)  
 Ginsberg Eye Ophthalmology  
 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 Noontime Rotary  
 Marco Island Rotary Sunrise  
 Marsh Paddlers  
 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  
 Newcomers Club of Marco Island  
 New Horizons of Southwest Florida  
 Oils are a Gift  
 Our Daily Bread  
 Our Yoga Place  
 Pace Center for Girls  
 Paradise Cycle Boat Cruises  
 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  
 Spark Health Technologies  
 STARability Foundation  
 Strand Sisters  
 Sunshine State Podiatry  
 SWFL Real Producers  
 SWF UTK Alumni Chapter  
 Swimtastic Swim Schools  
 SYC Yacht Brokerage  
 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  
 Cafe Nutrients  
 CJ's on the Bay, Marco Island  
 Coast, Edgewater Beach Hotel  
 Cosmos Ristorante & Pizzeria  
 EE-TO-LEET-KE Grill - Seminole Casino Hotel Immokalee  
 Fifty's Caribbean Cuisine, Immokalee  
 First Watch Granada Shoppes  
 Island Walk Bar & Grill  
 Jason's Deli, Naples  
 Juicelation, Naples  
 K-Rico Mexican 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, University Village  
 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)  
 Veranda E, Hotel Escalante, Naples  
 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

Barron Collier High  
 Big Cypress Elementary  
 Bonita Springs Charter  
 Bonita Springs Elementary  
 Calusa Park Elementary  
 CCPS Alternative Schools  
 Corkscrew Elementary  
 Corkscrew Middle  
 Golden Gate Elementary  
 Golden Terrace Elementary  
 Gulf Coast Charter Academy South  
 Gulfview Middle  
 Herbert Cambridge Elementary  
 Immokalee Technical College  
 Lake Park Elementary  
 Lake Trafford Elementary  
 Lely Elementary  
 Lorenzo Walker High School & College  
 Mike Davis Elementary  
 Naples High  
 Naples Park Elementary  
 North Naples Middle  
 Osceola Elementary  
 Palmetto Elementary  
 Pelican Marsh Elementary  
 Pine Ridge Middle  
 Pincrest Elementary  
 Poinciana Elementary  
 Sabal Palm Elementary  
 Saint Ann School  
 Saint Elizabeth Seton Catholic School  
 Sea Gate Elementary  
 Shadowlawn Elementary  
 Tommie Barfield Elementary  
 Veterans Memorial Elementary  
 Vineyards Elementary  
 Village Oaks Elementary

### COLLEGES & UNIVERSITIES

Florida Gulf Coast University  
 Florida Southwestern, Collier

### WORKSITES

Arthrex  
 Artis-Naples  
 AVOW  
 Blue Zones Project SWFL  
 Bonita Springs Charter School  
 Bonita Springs Elementary School  
 Bonita Springs YMCA  
 Boys and Girls Club of Collier County - Immokalee  
 Bridging the Gap Physical Therapy  
 CID Design Group  
 City of Marco Island  
 City of Naples  
 Collier County Government BCC  
 Community Health Partners  
 Condee Cooling & Electric, Inc  
 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  
 Greater Naples YMCA  
 Golf Club at Palmira  
 Grace Place for Children and Families  
 Guadalupe Center  
 Gulfshore Concierge Medicine  
 Gulfshore Insurance  
 Health & Wealth Co.  
 Healthcare Network of Southwest Florida  
 Hodges University  
 Immokalee Foundation  
 Immokalee Water & Sewer District  
 Lee County Public Schools Administration  
 London Bay Homes  
 Markham Norton Mosteller Wright & Company, P.A.  
 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.  
 Spectrum Concierges  
 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 September 1, 2021

Want your organization to become Blue Zones Project recognized?

Register at [SouthwestFlorida.BlueZonesProject.com](https://SouthwestFlorida.BlueZonesProject.com)

# EXPERIENCE BLUE ZONES PROJECT IN SOUTHWEST FLORIDA...

## 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. Blue Zones Project recently partnered with the Greater Naples and YMCA of South Collier - Marco YMCA to engage volunteers in two very different garden projects. Volunteers at the Greater Naples YMCA revitalized the backyard garden area by removing the overgrowth of weeds and dead vegetation, and replanted with herbs, vegetables, and native trees.

Volunteers at the Marco YMCA painted a traffic garden used to help children and families learn the rules of safe and comfortable biking on the road. This area will facilitate a safe space to practice using hand signals, stopping, starting and entering into a traffic pattern.



## 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 52 schools that are engaged with Blue Zones Project. Collier and Lee Public School Districts have been actively involved with Blue Zones Project. **Pine Ridge Middle School** created a new school garden that will also be used for an outdoor classroom. Because of its natural environment, this space will promote down shifting and result in increased engagement from students and teachers. Also described as a "classroom of sunshine" from a student, the area includes raised garden beds, a variety of herbs and tea plants, vegetables, native plants, benches and an engraved brick top pavement commemorating school supporters.



**Bonita Springs Charter School** took their 2020-2021 yearbook to a whole new level. Using a Power 9 theme, the book showcases students and faculty engaging in Blue Zones longevity and well-being principles throughout the academic year. Elementary students and teachers even celebrated their first 100 days dressed up as centenarians (people who has reached the age of 100 years) as a fun way to demonstrate our goal of helping everyone live longer, healthier lives.



## 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. **Copper Leaf** and **Pelican Landing** HOA residents discovered their real age during a Wine @ 5 get-together. Participants gathered to take the online RealAge health assessment that delivered their biological age based on their health and habits, and received personalized tools for optimizing their health. Lucky winners were randomly selected to receive Blue Zones Project giveaways that included Sardinian cannonau wine, recognized as one of the healthiest wines in the world.



**Springs of Bonita Community Church** and **Celebration Church** showed their support for personal and community well-being by inviting Blue Zones Project staff to discuss the RealAge health assessment and its impact during their outdoor church services.



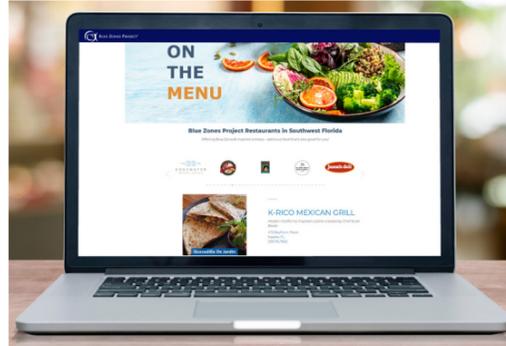
## Creating Healthy Worksites

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. **The City of Marco Island** was officially approved as a Blue Zones Project worksite leading the way for more organizations and individuals on the island to implement best practices for well-being. Casey Lucius, Assistant to the Marco Island City Manager, says "within our city facilities we offer healthy choices in the workplace because we know that healthier and happier employees are more productive and incur lower healthcare costs. We are excited to be the first Blue Zones approved worksite on Marco Island and we look forward to growing awareness among our employees about Blue Zones and overall wellness."



## Restaurants Put Well-being On The Menu

There are currently 44 Blue Zones Project Approved™ restaurants in Southwest Florida answering the call from customers to put healthy options on the menu. In fact, a 2019 National Restaurant Association survey reports that 61% of consumers stated they ordered more healthful options at restaurants compared to years prior, and a Nielsen's Global Health & Wellness Survey reported that around 88% of consumers are willing to spend more on healthy food products. If your favorite restaurant is not already approved, connect them with us at [bluezonesprojectswfl@sharecare.com](mailto:bluezonesprojectswfl@sharecare.com). Everything we do to help them grow a healthy business comes free of charge thanks to our sponsor. We provide free coaching, menu design, printing, and marketing support to help them attract new customers and increase sales. We have recently launched our **On The Menu** web page ([swfl.bluezonesproject.com/onthemenu](http://swfl.bluezonesproject.com/onthemenu)) featuring our restaurants and photos of their Blue Zones® Inspired dishes. Be sure to look for the Blue Zones Inspired check mark logo when you visit and enjoy a delicious meal you can feel good about!



## Grocery Stores Providing Healthier Options

Have you ever wondered why fresh produce is typically located around the outside of a grocery store, while frozen, canned, and dried foods are in the middle? Fresh produce is delivered weekly, so easy access to delivery doors makes sense. Frozen, canned, and dried foods have a longer shelf life, so they can be merchandised in the middle of the store. Shopping the "outside" of a grocery store allows us to fill our cart with the healthiest and most nutrient-dense foods. Some grocers even put fresh produce near the entrance. This "fresh first" approach helps to increase their sales. When your shopping is done you head for the registers. This is where most grocers bombard you with unhealthy snacks, sugary candies, and sodas. A Blue Zones Checkout Lane contains none of that. The healthy drinks and snacks offered are good for you, and they are also good for the grocer's bottom line. Connect your local grocery store or neighborhood market with [bluezonesprojectswfl@sharecare.com](mailto:bluezonesprojectswfl@sharecare.com) and we will help them, free of charge, to grow a healthy business.



## 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. In support of **National Bike Month**, Blue Zones Project joined The City of Bonita Springs Bicycle and Registration Safety Advisory Committee and the Bonita Springs Downtown Alliance for **Bike Safety Day**. We set up a Bike Rodeo and offered proper helmet fittings for youth. We are also proud recipients of the 2020 award for Best Supporting Agency from the Florida Bicycle Association.



In the Fall of 2020 Blue Zones Project launched the **Food Policy Council (FPC)**. Comprised of more than 60 partners and advocates who operate within the local food system from food pantries and local farms to Lee and Collier School Districts and restaurants, the council is working to create reliable access to healthy, affordable food for everyone. This is accomplished through local policy work and systematic or environmental changes. The FPC is currently participating in the **MEANS Database**, which is a non-profit food waste rescue program. Since its launch in April, more than **32,000 lbs.** of fresh produce has been saved from going to waste in Collier County and **11** recipient organizations are signed up to participate. Collier County is currently the most successful county in Florida accounting for **70%** of all of the food being rescued in the State. For more information on the Means database, visit [MeansDatabase.org](http://MeansDatabase.org), or to become involved, email [Megan.Greer@sharecare.com](mailto:Megan.Greer@sharecare.com).



To find a list of all the organizations currently participating with Blue Zones Project, visit [southwestflorida.bluezonesproject.com](http://southwestflorida.bluezonesproject.com)



**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, Sep. 16  
4:00 p.m.-5:00 p.m.

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

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

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

Thursday, Nov. 11  
4:00 p.m.-5:00 p.m.

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

View online recording

[LiveLongerBetter.EventBrite.com](https://www.LiveLongerBetter.EventBrite.com)

**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, Sep. 30  
5:00 p.m.-7:00 p.m.

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

Wednesday, Oct. 20  
10:00 a.m.-12:00 p.m.

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

Thursday, Nov. 18  
5:00 p.m.-7:00 p.m.

Online Event  
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com)

**ONLINE POWER 9®**

Blue Zones Project wants to unite Southwest Florida around a common goal: improving the well-being of our community. How? By offering free Power 9® well-being activities to help you live your healthiest and happiest life. Join all of our well-being activities online and in the comfort of your own home. We invite individuals, homeowners associations, worksites, schools, and faith-based organizations to:

- Move naturally with our Fitness and Pilates series
- Down shift with Tai Chi and Yoga classes
- Join your right tribe with Well-Being talks
- Watch a Smoothie or Cooking Demonstration and learn delicious plant slant recipes!
- Join the latest community challenge

Register today to see our latest Power 9 videos at [BlueZonesProjectSWFL.EventBrite.com](https://www.BlueZonesProjectSWFL.EventBrite.com), or see our full library of past episodes at [swfl.bluezonesproject.com/onlinepower9](https://www.swfl.bluezonesproject.com/onlinepower9).



At Resilient Southwest Florida, our goal is to connect those in need with those that can help. Like the mangroves surviving the forces of nature, our community connected will protect us from the elements we are facing and help withstand adversity. The pandemic exposed unmet needs in our community, including financial concerns and underlying health risks like depression, anxiety, and loneliness. Bringing it together as one community is the vital piece that will make us better together. United, we will build a resilient Southwest Florida by connecting individuals and organizations to health resources. We are only as healthy as our most vulnerable individuals.



We invite you to access the Resilient SWFL toolkit today. Together, we are better and stronger. Visit [RESILIENTSWFL.COM](https://www.RESILIENTSWFL.COM)



**THEY SAY AGE IS JUST A NUMBER.**

Do you want to know your RealAge®? In about 10 minutes, you'll get an estimate of your body's age based on your health and habits. It's FREE! And delivers you personalized tools for living your best life. Let's lead the way to a community that's healthier, happier—and younger than our years.



Visit [bzpsouthwestflorida.sharecare.com](https://www.bzpsouthwestflorida.sharecare.com) and get your RealAge, real insight, and real time inspiration.

