



BLUE ZONES PROJECT®

SPRING/SUMMER 2022



What Is Blue Zones Project?

Blue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted over 800 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 generously 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 more than 45,000 people have participated in our well-being activities.

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 RealAge 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 **800** organizations + **275,000** people engaged

- 171** Worksites
- 102** Restaurants
- 78** Homeowners Associations
- 59** Schools & **19** Pre-Schools
- 3** Universities/ Colleges
- 39** Faith-Based Organizations
- 5** Grocery Stores
- 336** Other Organizations
(non-profits, small businesses)



POWER 9

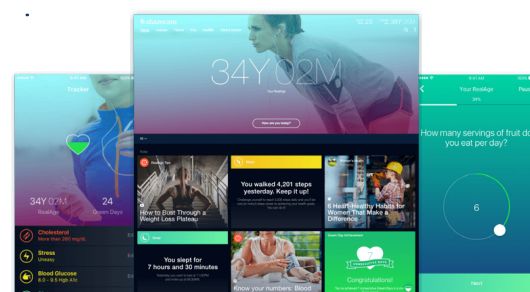
Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.

-  **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

Well-being Online

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 or scan the code with your smartphone camera to access the online platform.



SCAN ME



"Since Blue Zones Project began in 2015, Community Well-Being Index data shows many more people are thriving in Southwest Florida, and healthy behaviors are on the rise. Our overall well-being score—72.2 out of 100—also compares favorably to the most recent state and national data measured at 64.0 and 64.3. This great accomplishment could not be achieved without the hard work of our many partners and residents. Congratulations Southwest Florida on making our community shine as one of the happiest and healthiest places to live, work and play!"

Paul Hiltz, President & CEO, NCH Healthcare System

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 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.
- 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
 Emmanuel Community Church
 Jubilee Fellowship of Naples
 Legacy Church Estero
 Mayflower Congregational UCC
 Naples Community Church
 New Haitian Church of the Nazarene
 Naples United Church of Christ
 Rock Of Refuge
 Saint John the Evangelist Catholic
 San Marco Catholic Church
 St. Agnes Catholic
 St. John's Episcopal
 St. Marks Episcopal Church
 The Arlington of Naples
 The Springs of Bonita
 Unitarian Universalist Congregation of Greater Naples
 Unity of Naples
 Wesley United Methodist Church

GROCERY STORES

Wynn's Market, Naples

HOA'S, CLUBS, AND RESIDENCES

Arbor Trace
 Ave Maria Master Association
 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
 Pelican Marsh
 Preserve at Corkscrew
 Quail Creek Country Club
 Quail West
 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 Green
 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

OTHER ORGANIZATIONS (cont'd.)

Barre Fusion
 Beautiful Health
 Benison Center
 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 Korbel- DoTERRA
 Children's Dentistry of Naples
 Ciccarella 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 Fitness
 Marco Island Newcomers Club
 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
 Bahia Bowls – Bonita Beach Rd.
 Bahia Bowls – Estero
 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
 Fifty's Caribbean Cuisine, Immokalee
 First Watch Granada Shoppes
 Foxfire Golf & Country Club (Private)
 Island Walk Bar & Grill
 Jason's Deli, Naples
 Juicelation, Naples
 Kareem's Lebanese Kitchen
 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
 Riverwalk at Tin City, Naples
 Skillet, Bonita Springs
 Skillet – Founders Square
 Skillet, Lely
 Skillet, North Naples
 Skillet, Parkshore
 Skillet, Pavilion
 Skillet, The Strand
 Skillet, University Village
 Sunburst Café
 Survey Café, Bonita Springs
 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
 Child's Path, Inc - Golden Gate
 Child's Path, Inc - Moorings
 Child's Path, Inc - Santa Barbara
 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
 Bonita Springs Middle Center for the Arts
 Calusa Park Elementary
 CCPS Alternative Schools
 Corkscrew Elementary
 Corkscrew Middle
 Eden Park Elementary
 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
 Laurel Oak Elementary
 Lely Elementary
 Lorenzo Walker High School & College
 Manatee Elementary
 Mike Davis Elementary
 Naples High
 Naples Park Elementary
 North Naples Middle
 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
 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
 Eden Park Elementary School
 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
 Golden Terrace Elementary School
 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
 Herbert Cambridge Elementary School
 Hodges University
 Immokalee Foundation
 Immokalee Water & Sewer District
 JW Marriott Marco Island Beach Resort
 LaPlaya Beach & Golf Resort
 Laverne Gaynor Elementary School
 Lending to Heroes
 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
 Raymond James, Marco Island
 RCMA Immokalee
 Renaissance Center Club
 RGB Internet Systems Inc.
 Spectrum Concierges
 Sunshine Ace Hardware
 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
 Village Oaks Elementary School
 Wintrust Bank
 Wyndemere Country Club
 Youth Haven

*Participating as of May 1, 2022

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. Recently, more than 350 community members attended the **Blue Zones Project National Walking Day** events to celebrate moving naturally at North Collier Regional Park in Naples and at Mackle Park on Marco Island. Participants were led through a ten-minute warm up followed by a one-mile walk around the parks. Participants also enjoyed plant-based snacks and Blue Zones Project prize giveaways.

Helping Our Youth Thrive

Blue Zones Project efforts in local schools, pre-schools 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 59 schools and 19 pre-schools that are engaged with Blue Zones Project. Collier and Lee Public School Districts have been actively involved with Blue Zones Project. Move Naturally was the top theme at many Blue Zones Project Approved schools recently. Schools that include **Barron Collier High School, Eden Park Elementary** in Immokalee and **Corkscrew Elementary** had their own National Walking Day celebration in April. Over 630 students in Pre-K through fifth grade at Eden Park participated by wearing their Blue Zones Project t-shirts and walking to their favorite tunes during related arts classes. Corkscrew Elementary students and staff also wore their Blue Zones Project t-shirts and signed a National Walking Day banner before walking a new course during their Physical Education classes. Barron Collier students celebrated by walking around the building in their Blue Zones Project t-shirts and raised money for the Hiking for Haiti challenge, organized through the Hope for Haiti nonprofit organization.



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. **St. Mark's Episcopal Church** recently celebrated becoming the first recognized FBO on Marco Island with a Blue Zones themed event. After the ribbon cutting, the celebration continued with a wine@5 followed by a plant-based cooking demonstration and dinner served by Executive Chef Laura Owen from Blue Zones Project certified restaurant, **CJ's on the Bay**. Attendees enjoyed Blue Zones Inspired dishes that include hearts of palm ceviche, veggie cassola with slow cooker cannellini beans and honey cookies for dessert.



Shinrin-yoku! Japanese use this term to describe spending time in nature to help downshift and improve well-being. Dressed in Blue Zones Project t-shirts, more than 40 residents at Blue Zones Project HOA community, **Sapphire Lakes** took a beautiful nature walk through **Naples Botanical Garden**, a Blue Zones Project approved worksite. It was a great display of the well-being collaboration that exists between many Blue Zones Project community partners and organizations!



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. Access to affordable housing, one of the Social Determinants of Health measured in the Community Well-Being Index has become a major issue among the workforce in recent years. Collier County in particular has felt the effects, and reportedly 40,000 people who work within county limits commute each day from Lee County, or other counties to the east. The lack of affordable housing has resulted in difficulty filling employment vacancies which puts added stress on businesses and the workforce. Blue Zones Project worksites to include **JW Marriott Marco Island Beach Resort** and **Condee Cooling & Electric** have been hard at work helping to address these issues, and have even begun the process of providing housing options for their employees to help alleviate the burden.



Restaurants Put Well-being On The Menu

More restaurants across Southwest Florida are taking the initiative to accommodate their customers by making healthy choices easier. According to Forbes, 28% of Americans eat more proteins from plant sources compared to consumption in 2019. Also, 24% of consumers are eating more plant-based dairy and 17% eat more plant-based meat alternatives. Recently, **Kareem's Lebanese Kitchen** in East Naples joined Blue Zones Project to make healthy choices easier at their restaurant. Kareem's passionately features a plant-based menu that captures a flavorful Mediterranean cuisine, and is adjacent to Blue Zones Project restaurant, **21 Spices by Chief Asif**. Two **Bahia Bowls** locations (one in Estero at Grande Oaks Shopping Center and the off of Bonita Beach Road) have also recently earned Blue Zones Project approval, making them the perfect stop to get a refreshing acai bowl or plant-based snack on the way to the beach! If your favorite restaurant is not already approved, connect them with us at shelby.jackson@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. Visit our **On The Menu** web page featuring our restaurants and photos of their Blue Zones® Inspired dishes (swfl.bluezonesproject.com/onthemenu). 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

Blue Zones Project is working with grocery stores and neighborhood markets throughout Southwest Florida to give customers more options to make healthier choices. This includes stores implementing Blue Zones Project checkout lanes where shoppers can find healthier impulse items such as nuts, fruit and water. Other options include designated Blue Zones Project parking spaces located farther away from the entrance to encourage more steps, healthy recipes located in the produce section, and a Blue Zones food list around the store; offering healthier grab-and-go meal options. Some stores are adding signage to highlight locally grown produce; featuring healthy options on end caps; and positioning produce displays at the front of the store. This not only benefits customers, but also the grocery store business by offering cross marketing of Blue Zone foods that lead to increased sales and awareness. Connect your local grocery store or neighborhood market with 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. To help promote **bike safety** for special needs youth, Blue Zones Project recently joined Collier County Public Schools for their Exceptional Student Education field day at Pine Ridge Middle School. Special Olympics coaches were there to help teach the students from the program to safely ride their trikes. Each participating student was properly fitted for their own bicycle helmets donated by Blue Zones Project, and many more helmets were donated to the school for future use. Following the event, Special Olympics invited Blue Zones Project to come to their cycling teams practices in both Collier and Lee County where they fitted and gave away additional helmets for the riders. Blue Zones Project will be doing a follow up training with the coaches and volunteers so they are able to make necessary adjustments while keeping their athletes safe.



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, May 12
3:00 p.m.-4:00 p.m.

Online Event
RSVP: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Thursday, Jun. 9
10:00 a.m.-11:00 a.m.

In-Person Event
For location information and to RSVP, visit: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Thursday, Jul. 14
4:00 p.m.-5:00 p.m.

In-Person Event
For location information and to RSVP, visit: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Thursday, Aug 11
10:00 a.m.-11:00 a.m.

In-Person Event
For location information and to RSVP, visit: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

View online recording

[LiveLongerBetter.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

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**.



Wednesday, May 11
5:00 p.m.-7:00 p.m.

In-Person Event
For location information and to RSVP, visit: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Tuesday, Jun. 21
2:30 p.m.-4:30 p.m.

Online Event
RSVP: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Wednesday, Jul. 13
5:00 p.m.-7:00 p.m.

In-Person Event
For location information and to RSVP, visit: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

Tuesday, Aug. 16
3:00 p.m.-5:00 p.m.

Online Event
RSVP: [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444)

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 participate.



- Move naturally with our Fitness and Pilates series
- Down shift with Tai Chi and Yoga classes
- Learn to journal through the Power 9 and listen to insightful well-being topics and discussions
- Watch an online Smoothie or Cooking Demonstration and learn delicious plant slant recipes!
- Join the latest well-being challenge

Register today to see our latest activities at [BZPSWFL.EventBrite.com](https://www.eventbrite.com/e/live-longer-better-presentation-tickets-28444444444), or see our full library of our online Power 9 videos at [swfl.bluezonesproject.com/onlinepower9](https://www.swfl.bluezonesproject.com/onlinepower9).

Cultivate a brighter outlook through habits of gratitude with the Give Thanks Challenge.

When you take time to reflect on what you are grateful for, you can deepen your sense of purpose, reduce stress, and promote overall well-being.

Join the challenge, track your progress for 21 days by answering the daily question and improve not only your sense of gratitude, but your overall wellbeing. By tracking for at least 21 days, you are creating a healthy, sustainable habit! Complete the challenge to earn a credit towards your reward!

1. Register or log in at [bzpsouthwestflorida.sharecare.com](https://www.bzpsouthwestflorida.sharecare.com)
2. Find the Challenges under the Achieve Icon
3. Join an Active or Upcoming Blue Zones Project Challenge

You do not need to purchase anything to be entered into the Sweepstakes drawing. Sweepstakes is open to legal residents of the 50 United States and District of Columbia (D.C.) who reside in one of the participating Communities and completes quarterly activities. Must be at least 18 years of age or older at date of entry. Internet access required. Starts 12:00 a.m. Eastern Time (ET) 01/01/2022 and ends 11:59 pm (ET) 12/31/2022. Visit [info.bluezonesproject.com/home](https://www.info.bluezonesproject.com/home) for full rules. Sponsor: Blue Zones Projects by Sharecare, Inc. Atlanta, GA. Void where prohibited.

DISCOVER YOUR RealAge

- 1 Register for a free account. It's easy!
- 2 Finish the RealAge Test in about 15 minutes.*
- 3 Use the Sharecare app to set goals and track your health progress.
- 4 Join others in a Blue Zones Project® challenge.
- 5 Feel healthier, happier, and better than ever.

DID YOU KNOW that the average **RealAge** in Southwest Florida is **2 years and 9 months** younger than an individual's chronological age?*

Find out how you compare to others in Southwest Florida. Then set goals to lower or maintain your RealAge®.

[bzpsouthwestflorida.sharecare.com](https://www.bzpsouthwestflorida.sharecare.com)

*If you don't have all your health info right now, you can skip a few questions and edit later.

We value your privacy. [sharecare.com/terms/privacypolicy](https://www.sharecare.com/terms/privacypolicy)

*Results are based on 2021 RealAge data