

3 more organizations take Blue Zones pledge

Newest Southwest Florida members include worksite, restaurant, church

LIZ FREEMAN

LIZ.FREEMAN@NAPLESNEWS.COM;
239-263-4778

The Blue Zones Project in Southwest Florida has had three more organizations join the cause.

The Commons Club at The Brooks has signed on to the project as a worksite to promote better health among its workforce and Juicelation, a Naples juice bar, has gained restaurant recognition.

The third group is Mayflower Congregational United Church of Christ in Naples, which has gained approval as a faith-based organization to promote better health and longevity among its congregation.

With the three organizations signed on, there are more than 72 companies and organizations in Southwest Florida

that have acquired Blue Zones recognition since the NCH Healthcare System introduced the initiative to the region in late 2014. The project is a Minneapolis-based organization that helps communities learn about ways to promote better health and longevity, based on the travels of National Geographic's explorer Dan Buettner who recognized common lifestyle traits of people around the world who live to 100 or older.

He calls the longevity characteristics the "Power Nine" principles and outlined his findings in a book, "The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest," and it became a New York Times bestseller. The project was established in 2010 and partnered with

See PLEDGE, Page 7D



SUBMITTED: HEALTHWAYS STAFF

Employees of Juicelation celebrate Blue Zones recognition.