

PROFILE IN PARADISE

Getting into the 'Zone' for a healthier Southwest Florida



Blue Zones Project is a global movement leading people to live longer, more active lives with lower rates of chronic disease. It began as a *New York Times* bestseller by National Geographic Fellow Dan Buettner. His book, "The Blue Zones: Lessons for Living Longer from the People Who's Lived the Longest," was inspired by communities around the world where people live vibrant, active lives well into their hundreds — places such as Sardinia, Italy, and Okinawa, Japan.

Closer to home, Deb Logan (formerly Millsap) has been the executive director of the Blue Zones Project-Southwest Florida (encompassing Collier County, Bonita and Estero) since March 2015. Before that, she spent more than 12 years at the Florida Department of Health in Collier County and 17 years with the wellness program at NCH.

She grew up in Chagrin Falls, Ohio, and earned a bachelor's degree at Mount Union University in Alliance, Ohio, and a master's degree in education at the University of North Carolina-Greensboro. Deb enjoyed all sciences including health and psychology. She's also a registered dietitian and certified worksite wellness program manager.

Talking points with Deb Logan

Mentor(s): Many... and often everyday people who choose to do the right thing in a humble way. I try to take a pearl of wisdom away from everyone I encounter.

Something your mother was right about: A frog won't live if you stick it in your pocket.

As a kid, what did you want to be when you grew up? I thought I would be a mom, but the cards didn't play out that way. I also thought it would be neat to be a rock star — ha!

First job: I started working for my dad's orthodontics office when I was 11. We worked 10-11 hour days without a lunch break. He was tough, but I learned a lot.

What would you be doing if you weren't doing this? Traveling with my husband.

Guilty pleasures: Friday night sunset picnics on the beach with my husband and friends. When a glass of cabernet and a piece of Swiss chocolate are involved, it's especially sweet!

Most recent vacation: A remote resort in St. Lucia for our honeymoon last April.

One thing on your bucket list: Take my parents on more "mystery trips." We surprised them with a trip to see the Grand Canyon, Hoover Dam, Zion and

Bryce Canyon last spring, and the memories made are priceless.

Skill or talent you wish you had: Too many to list!

Advice for kids: "Be kind. Everyone's climbing uphill."

Something that's been on your mind: How blessed I am to be living right here and now!

What makes you laugh: The playfulness of young children and pets.

Last book you read: Lately, I have been reading professional journals for my licensure requirements, but I enjoy a wide variety of non-fiction and fiction books.

Something you'll never understand: Bullying behavior; people hurting animals or each other.

Pet peeve: Drama. It's best to stay out of other people's "dances" and always try to put things in perspective.

Hidden talent: I think it is still hidden!

What are you most proud of? My work ethic and being a kind person. My mom and dad are responsible for instilling both, and I am eternally grateful.

What the Paradise Coast really needs: A multi-



county bike and pedestrian greenway.

Favorite thing about the Paradise Coast: Sunshine, my friends and my work.

What I miss about the Paradise Coast when I'm away: See above.

She and her husband Rick are "parents" of the almost 16-year-old Bella, their beloved cocker spaniel. When she's not working, Deb enjoys hiking,

biking, walking, jogging, traveling and being in nature. ■

— Bob Harden is the producer and

host of "The Bob Harden Show," airing from 7- 8 a.m. weekdays at bobharden.com. Past shows are archived on the website.



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