

Gulfshore Life

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National Walking Day 2017

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Blue Zones Project—Southwest Florida celebrated National Walking Day April 5 with a one-mile community walk. More than 400 walkers attended, starting at the Cambier Park bandshell and heading north on Eighth Street to showcase the recent redevelopment of Central Avenue, a partner project between Blue Zones Project and the City of Naples. Completed last fall, the project improved the walkability and bikeability of this central corridor, adding wider sidewalks and a bike lane. The walk finished at the Garden of Hope and Courage on the NCH Healthcare System downtown campus.

National Walking Day, an annual observance sponsored by the American Heart Association (AHA), is designed to get people moving, no matter their location. According to the AHA, Americans are spending more time sitting in front of a screen and are becoming less active, which can increase the risk of heart disease, stroke and other diseases.

Since January, more than 400 individuals have committed to participate in regular walking groups, or Blue Zones Project Moais[®] (pronounced “mow-eyes”). Walking Moais are small groups of people, many of whom don’t know each other prior to joining, who walk together to stay active and build healthy social circles. Moai members in Naples will celebrate the culmination of their 10-week walking groups and join other community members in the one-mile walk.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Healthways[®], Inc. and Blue Zones[®], LLC, Blue Zones Project is a vital part of Southwest Florida’s well-being improvement initiative that encourages changes to the community that lead to healthier options. For more information about Blue Zones Project—Southwest Florida, visit southwestflorida.bluezonesproject.com.

See how the Blue Zones Project has helped change the lives of Southwest Florida residents here.



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