

# Blue Zones now has more than 100 SWFL companies

**Liz Freeman**

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Four more businesses in Southwest Florida have gained Blue Zones Project recognition for taking action to promote better health.

Davidson Engineering, Regions Private Wealth Management, Gulfshore Insurance and Cornerstone United Methodist Church have earned accolades from the wellness initiative and join more than 100 other companies or groups to get on board with the project.

Davidson Engineering, which provides a range of engineering and land planning services to public and private sector companies, installed bike racks on site for employees, became a tobacco-free worksite and promotes volunteerism among its workforce. It also offers health-related materials to employ-

ees on the company's in-house blog.

"After attending an informational meeting about Blue Zones Project, we were hooked on the Blue Zones Project philosophy and lifestyle and wanted to bring it to our staff," Jeff Davidson, founder and president of the company, said. "We wanted to show our employees how easy it was to make small changes that can add up to big differences in your life."

The Blue Zones Project was introduced to the region in 2015 based on the world travels of Dan Buettner, who identified communities worldwide where people share lifestyle traits and live to 100 or older. He wrote a New York Times best-seller about the nine principles of longevity.

The "Power Nine" include moving naturally by being physically active, knowing your purpose in life, taking time to relax, having a healthy social



**Walter Schacht, senior vice president with Regions Private Wealth Management, left, and Dr. Allen Weiss, president and chief executive officer of NCH. SUBMITTED**

network and putting loved ones first. A popular activity is to form walking groups, or walking moais, to use Blue

Zones terminology.

Other Blue Zones principles include participating in a religious community, limiting alcohol consumption, eating a plant-slant diet and stopping to eat when you are 80 percent full.

Project consultants work with communities to identify strengths and gaps, and offer tools and resources so employers, schools, restaurants, grocery stores and other entities can take steps to make healthier choices easier.

The NCH Healthcare System is underwriting the Blue Zones initiative in Collier and south Lee counties over the next six years, to make health-focused changes. The belief is that the healthier choices will become a way of life.

Regions Private Wealth Management also adopted a tobacco-free worksite

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