

“The more things for which you develop a fondness, the richer the life you live.” - Dan Buettner, “Thrive: Finding Happiness the Blue Zones Way”



Staff at Purely You Spa show off its Blue Zones Project recognition. BLUE ZONES STAFF

BLUE ZONES PROJECT KEEPS EXPANDING IN 2018

Liz Freeman
Naples Daily News
USA TODAY NETWORK - FLORIDA

A family-style restaurant, a spa, a land conservancy organization, and a country club have a common desire to have better health.

Skilletts restaurant, Cypress Cove Conservancy, Purely You Spa, and the homeowner's association at Wildcat Run Golf & Country Club in Estero have all received recognition from the Blue Zones Project of Southwest Florida.

They join the more than 110 companies, residential communities, and nonprofit organizations that have taken the time to learn about the health and longevity initiative and acted with lifestyle changes to get healthier.

The Blue Zones project was introduced to Southwest Florida 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 bestseller about the nine

principles of longevity.

The “Power Nine” include moving naturally by being physically active, eating a plant-slant diet, knowing your purpose in life, taking time to relax, having a healthy social network and putting loved ones first. A popular activity is to form walking groups, or walking moais, to use Blue Zones terminology.

The philosophy is that over time, healthier choices will become the easier choice, and each incremental step can improve health and wellbeing. Offering fresh fruit and bottled water instead of soft drinks and candy bars in employee breakrooms is one example.

To date, more than 116 companies have gained Blue Zones recognition in Southwest Florida. The NCH Healthcare System is underwriting the project expense locally during the start-up years.

“Blue Zones Project is representative of a nation-wide effort to improve the eating habits of Americans, which is desperately needed due to an epidemic of obesity caused by making the wrong food

choices,” Ross Edlund, owner of Skilletts, said in a press release. “Since we now realize that many chronic illnesses and premature deaths are a direct result of what we eat, Skilletts wants our customers to know that nutritious, healthy dining choices can be found on our menu.”

To promote better health, Skilletts has added new menu items and has eliminated hidden sugar, fat and preservatives. Most everything is made from scratch, where it's possible to eliminate excess fat that's commonly found in mass prepared food. Skilletts also is a tobacco-free worksite.

Cypress Cove conservancy based in Golden Gate, a nonprofit organization with a mission of purchasing and preserving land to provide a habitat for endangered species and for people to enjoy, became Blue Zone recognized by having a community garden, becoming tobacco free, offering organic and vegetarian foods at socials events, and promoting volunteerism.

At Purely You Spa in Naples, the organic day spa and its mission was aligned with the Blue Zones approach from the start, according to Jennifer Alvarez Linguidi, the spa's owner.

“Since the Blue Zones Project aligns with Purely You Spa's goal to help the community be as healthy as possible, it was easy to make the decision to join forces,” she said.

Purely You Spa began offering only non-sugar beverages, hosts educational and wellness events, and incorporated Blue Zones materials in its newsletter.

Wildcat Run country club began sharing monthly nutrition spotlights internally, encourages healthy recipe sharing, and promotes energetic activities. Wildcat Run has 450 homes and an all-encompassing health center with fitness equipment, tennis, and golf course.

How sweet it was: Saying goodbye to sugar

Casey Seidenberg
Special to The Washington Post

It is the end of January and the program is bursting with self-tures of people who swor the beginning of the month. My boys both decided to c sweet stuff that became o over the holidays, but they gling. The soda they drar we went to a party, the lef seemed bottomless and tl bought as part of my res think restriction continuu names.

Why is sugar so powe: can we beat it?

Sugar has been shown fect on the brain similar to dictive drug. In fact, quick from your diet can caus symptoms, including fat sion, headaches and mus wonder it isn't easy to qui

Not easy, but not in though there are a few qu tter before weaning your First, is your blood sugar Next, are you getting enou nutrients? Last, do you s and are you able to manag answers to those question figure out what, specificall address to beat sugar suc there are some addition: can help anyone trying t sweet tooth.

Blue sugar issues

Many sugar cravings blood sugar imbalance. W ingests sugar, your blood and your body releases in it to a safer level. If the i your blood sugar level a l often happens, your body that will raise it and incre gy. You're on a blood sugar and it's hard to get off it. T ancing blood sugar is to e prevent too much insulin l leased, such as protein an and consuming only sma sugar (if any). It's also im regular meals and sna blood sugar drops when yc

Cover the essential nu

Protein and fat are cruci sugar habit. Unlike sugar and protein provide slov forms of energy, more like paved road rather than the vored roller coaster. Who doesn't find sugar for fu fats, so eating plenty of such as nuts, seeds, avoc oil can help your body adj its energy elsewhere. Prot feel satiated, which can r and cravings, and many acids in protein help bu