

Keep Moving

In each issue of *Naples Health*, we outline one of the “Power 9.” That is, the nine behaviors that people who live the longest, healthiest lives tend to demonstrate. This time, we’re discussing moving naturally.

Natural movement is what people do who have activity built into their day. It could be a job that requires you to walk around all day. Or perhaps your passion for gardening has you moving about your property, taking care of trees and flowers for hours at a time. Unfortunately, many of us have very little movement built into our days. We drive a car to get everywhere, we sit at a desk for work, and we sit in front of a TV or computer to relax. Those of us with lives like that have to work a bit harder to put natural movement into our days.

The trick, says Deb Logan, Blue Zones Project Executive Director, is to weave it in seamlessly. “When you don’t have to think about it,” she says of movement, “you’re more likely to do it.” There are a few changes you can make in your daily routine that will help you move more.

- Instead of trying to find the closest parking spot, take the farthest one. Park as far from your destination as you can and walk.
- Ask colleagues whether you can



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have a “walking meeting” rather than sitting around a table. At least have a “standing meeting.”

- Use a standing or walking desk if you can. The time we spend sitting at our desks is not doing our health any favors.
- Take a walk with your spouse or a friend every night after dinner.

- Walk your kids to the bus stop, even if it’s just once a week.
- Pick an evening each week and walk on the beach or at a local park with your family.
- Find a safe place to ride bikes together.
- Join a walking group. Find out how by contacting Blue Zones at (239) 624-2312 or southwestflorida.bluezonesproject.com, or look for a local group on MeetUp. The social aspect is a bonus that’s also good for health and longevity. **NH**

Free Online Blue Zones Course

Do you want to know more about the Blue Zones way of life? You can take a free online course at your own pace. It’s taught by Dan Buettner, the longevity researcher who wrote *Blue Zones* and *The Blue Zones Solution*, the two books that helped start the Blue Zones movement. Each of the five modules in the course will walk you through the longevity research and help you implement behaviors that may help you live a longer, healthier life.

To find the course, go to thebigknow.com and search for “Blue Zones.” To learn more about how to get involved locally, go to southwestflorida.bluezonesproject.com.