

Blue Zones

Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.” – Fred Rogers

SWFL working together to make healthy choices easier

Blue Zones Project Southwest Florida

In the Fall of 2014, NCH Healthcare System invited Tony Buettner, currently Blue Zones National Spokesperson to share the possibilities of a Blue Zones Project (BZP) in SWFL. Nearly 200 community leaders heard him speak that began early conversations on opportunities to collaborate under one mission; help people live longer, healthier and happier lives. Since those early discussions, NCH decided to fund the project for eight years and the project officially kicked off at a celebration at North Collier Regional Park in November 2015.

Now, five years later, over 700 organizations are participating in the project which is touching an estimated 225,000 people in SWFL (Collier County, Bonita and Estero). Organizations from schools to worksites, homeowners associations, faith-based organizations, grocers, and restaurants are building infrastructure within their environment to help make healthy choices easier where we live, work and play. Also, policy leaders are considering and often prioritizing how to support well-being.

As we review the progress to date, we thank our many partner organizations and champions for their collaboration on these remarkable achievements:

- For the past four years, Gallup has ranked our community as having the highest well-being in the country. Just eight years ago, we were 73rd in the nation.
- Helped SWFL earn more than \$14.5 million in grants for policy-related projects including safer routes to schools, redevelopment funds to make walking and biking more inviting.
- BZP-SWFL media coverage has hit 4.9 billion readers and viewers, and the project is responsible for attracting more than \$9.5 million of media awareness to SWFL.
- Nearly 40,000 people have pledged to participate in improving their personal well-being and many are encouraging their family, friends and neighbors to do so as well.
- Worksites involved with BZP have seen improved employee well-being and satisfaction along with lower incidence of healthcare costs due to better management of chronic diseases. Over

120 worksites are involved in the project.

- More than 44 restaurants have earned BZP approval in SWFL and another 55 are on their way. Together the approved restaurants have added 286 different plant-based dishes to their menus. Total Blue Zones Inspired meals sold in 2019 exceeded 150,000!
- Homeowners associations and faith-based organizations are participating by creating more opportunities for members to socialize together. They are helping to fend off loneliness and isolation.
- BZP hosted a Regional Food Policy Summit in November and brought in local, state, and national food policy experts to educate the community on food systems, food insecurity and the value a food policy council brings to community well-being.
- More than 80 organizations across SWFL have adopted smoke-free policies since 2016.
- Over 300 signs that urge people to “please keep this area tobacco free” were placed at all Collier County parks and beaches, resulting in a 40% reduc-

tion in tobacco litter in those locations.

Partners from City of Naples, City of Bonita Springs and Collier County adopted “complete streets policy” which has already increased bike and pedestrian safety along some roadways. Congratulations to all who are making this happen. Individually we can do good things, but when we collaborate toward a common mission, the results are powerful and extraordinary! If you are not yet involved, consider learning more about Blue Zones Project by visiting our website at <https://southwest-florida.bluezonesproject.com>.

Live longer, better presentation

Unfamiliar with what Blue Zones Project is all about? Want to find out how you and/or your organization can get involved in this community-wide project? Attend a Live Longer, Better presentation! For more information, call 239-624-2312.

Date: Thursday, Jan. 9
Time: 2-3 p.m.

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Merry Christmas!

May the magic and wonder of the holiday season stay with you through the coming year!!








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Choices

Continued from Page 4D

Location: Marco Island Library
210 South Heathwood Drive, Marco Island

To register, visit: livelongerbetter-jan9.eventbrite.com

Purpose workshop

These two-hour interactive workshops will help you define your unique gifts and talents and how to better use them in both your personal and professional life. By the end of the workshop you will craft a Purpose Statement and begin living a more purposeful life! For more information, call 239-624-2312.

Date: Friday, Jan. 10

Time: 5-7 p.m.

Location: Edgewater Beach Hotel
1901 Gulf Shore Blvd N, Naples

To register, visit: purposeEBH.eventbrite.com

brite.com

Cooking Demonstration

Learn how to apply Blue Zones Project® principles for healthier cooking options using veggies, fruits, whole grains, beans and nuts. You'll take home tips for tastier and healthier meals and snacks that your family and friends will love.

Join us for an upcoming Cooking Demo to learn how to make delicious Blue Zones Project® inspired dishes!

Date: Friday, Jan. 3

Time: 3-4 p.m.

Location: Estates Library
1266 Golden Gate Blvd. W, Naples

To register, visit: CookingDemoEL.eventbrite.com

Support your well-being in 2020 and join a Moai

Looking to create a healthier and happier you in the New Year? Join a Moai group at our Moai launch event. Whether it's through walking groups,

potluck get-togethers, or restaurant-hopping, you are sure to meet new people and improve your well-being along the way!

Bring your friends, colleagues, family members or come alone. For the initial launch, choose the location below that is best for you.

After Moais are formed at the launch, members can decide the best time and location for their group to meet in the future. All attendees will receive a free T-shirt and opportunities to win prizes.. For questions, call 239-624-2312.

COCONUT POINT (Meet outside Florida Blue) - 8041 Plaza del Lago Drive, Estero

RSVP: MoaiLaunchCP.eventbrite.com

VINEYARDS PARK - 6231 Arbor Blvd W, Naples

RSVP: MoaiLaunchVP.eventbrite.com

EAGLE LAKES PARK - 11565 Tamiami Trail East, Naples

RSVP: MoaiLaunchELP.eventbrite.com

2020

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journalists wrote.

Pretty close: Have you heard of Brexit? Johnson became Prime Minister in July 2019. He first served in the Cabinet starting in 2016 as foreign secretary under Theresa May. In December, Johnson led his Conservative Party to victory in a national election on the promise to “get Brexit done.”

17. Antigravity belts will revolutionize warfare

Imagine a world where battles are fought just a few feet above the ground, as soldiers hover in mid-air. In 1968, mathematician and scientist D.G. Brennan predicted that antigravity belts would “revolutionize the tactics of land warfare,” writing that “even if the antigravity mechanism did not itself provide horizontal propulsion, relatively

modest sources of thrust could easily be provided.”

He also suspected that, by 2018, humans would have antigravity cars and jetpacks capable of operating for 30 minutes.

No. (Unless you're Luke Skywalker or Buzz Lightyear.)

18. Nuclear will replace natural gas

In 1968, Stanford University professor Charles Scarlott predicted that nuclear breeder reactors would make up the majority of U.S. energy production by 2018 as natural gas fades.

“Energy from water power, solar radiation, the wind, tides, or earth heat will not figure large in the totals. Power from nuclear power plants should be available in large amounts at low cost,” Scarlott wrote.

Wrong: In 2018, fossil fuels — petroleum, natural gas and coal — accounted for about 79% of total U.S. primary energy production in 2018, according to the U.S. Energy Information Administration.

About 12% was from renewable energy sources, and about 9% was from nuclear electric power.

19. Americans will work 26 hours a week

In 1968, it was thought that, by 2020, Americans would work 1,370 hours a year (or 26 hours a week), instead of the 1,940 hours (37 hours a week) that was average at the time, according to physicist Herman Kahn and futurist Anthony J. Weiner.

Unlikely: While we are working less than we were in 1968, the average American worked nearly 1,800 hours in 2018 (35 hours a week), according to the Organisation for Economic Co-operation and Development.

20. Nationalism will wane

In the same 1968 text, Ithiel de Sola Pool, a political science professor at the Massachusetts Institute of Technology, predicted that better communication,

com

MACKLE PARK - 1361 Andalusia Terrace, Marco Island

RSVP: MoaiLaunchMP.eventbrite.com

Track Your Trek

Start your New Year on the right foot by joining Blue Zones Project's Track Your Trek! On Jan. 20, Blue Zones Project is launching a free, community-wide step challenge. Track your steps for 10 weeks and then celebrate your accomplishments on April 4 at North Collier Regional Park. Our goal is for Southwest Florida to walk the distance it takes to get to all 5 Blue Zones locations around the world (1: Ikaria, Greece 2: Sardinia, Italy 3: Okinawa, Japan 4: Loma Linda, California 5: Nicoya Peninsula, Costa Rica). Walkers will be entered into a drawing to win special Blue Zones Project prizes!

Date: Monday, Jan. 20

To register, visit: TrackYourTrek2020.eventbrite.com

easier translation and greater understanding of the nature of human motivations would make it easier for people to connect across ethnic and national lines.

“By the year 2018 nationalism should be a waning force in the world. The increasing openness about feelings and identifications may help men to overcome some of the more destructive and hostile motivations that underlie nationalism,” he wrote.

The opposite is true. Fueled by backlash against immigration, globalization and the political establishment, populist nationalism was a driving force behind Brexit, the election of Donald Trump and the rise of right-wing politicians in France, Austria, Italy, Hungary and Poland, among other countries, academics say.

“Everywhere one looks, in fact, one sees nationalism at work in today's world,” Stephen Walt, a professor of international relations at Harvard University, wrote in Foreign Policy Magazine.

Thursday Dec. 26 Prime Time Television

CC = Comcast Golden Gate/ Naples | SB = Summit Broadband Marco Island

cc	SB	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST CHANNELS													
NBC	20	2	2	News (N)	News (N)	Wheel (TV G)	Jeopardy!	Superstore	TBA	Dolly Parton's Coat of Many Colors (2015) (NR)		News (N)	(35) Tonight
PBS	30	3	3	News (TVPG)	Report (N)	The PBS NewsHour (N)	Antiques	Antiques	Doc Martin: Ctrl-Alt-Del.	Murder Mysteries (TVPG)		Amanpour and Company	
FOX	36	4	4	FOX 4 News at Six (N)		Family Feud	Family Feud	9-1-1: Christmas. (TV14)		To Be Announced		FOX 4 News at Eleven (N)	
CBS	11	5	5	News (N)	CBS News	News (N)	Inside (N)	Young	The Unicorn	Mom (TV14)	Carol's	Evil: Vatican III. (TV14)	Late Show
CW	46	6	6	Inside (N)	News (N)	Bang (TVPG)	Bang (TV14)	iHeartRadio Music (TVPG)		Legacies: I'll Never Give.		WINK News @10pm (N)	Bang (TVPG)
ABC	26	7	7	News (N)	News (N)	News (N)	ET (N)	New Year Book report. (TV G)		The Great American Baking Show: Holiday Edition (N)		News (N)	(35) Kimmel
CTN	49	10	10	Meyer (TV G)	Light	Real Life	The Great Awakening	Good News		News (TV G)	Meyer (TV G)	The Elena & Wommack	Divine Awk
TELEM	43	15	15	Telediario	Noticias (N)	Caso Cerrado Edición (N)		Decisiones: Unos ganan (N)		La Doña Edición Especial		El Señor de los Cielos (N)	Telediario
UNIV	2	16	18	D'Latinos (N)	Noticiero (N)	Ringo	Boxeador que quiere ser campeón. (TV14)			La rosa de Guadalupe		El Dragón (N)	D'Latinos (N)
CABLE CHANNELS													
WGN-A	11	25		Blue Bloods: Genetics.		Man (TVPG)	Man (TVPG)	Man (TVPG)	Man (TVPG)	Man: Tattoo.		Man (TVPG)	Man (TVPG)
CSPAN	12	16		(10:00) Public Affairs Events	Public affairs events are presented.					Politics & Public Policy Today	Major political activity around the U.S.		
EWTN	17	27		EWTN News	Daily Mass Holy Eucharist.	No Greater		The World Over (N)		EWTN News	Rosary	Life Worth	The Rosary
ION	18	47		Chicago P.D.: Rabbit Hole.		Chicago P.D.: Confidential.		Chicago P.D.: Captive.		Chicago P.D.: Chasing.		Chicago P.D.: Anthem.	Chicago P.D.: Sisterhood.
TOON	20	-		Gumball	Gumball	Steven Universe: The Movie (2019) Zach Callison. (NR)				Dad (TV14)	Dad (TV14)	Family Guy	Family Guy
BET	22	-		Training Day ★★½ (2001, Drama)	Denzel Washington. Rookie rides with a veteran cop. (R)					Creed ★★★ (2015, Drama)	Michael B. Jordan. Apollo Creed's son becomes a boxer. (PG-13)		
VH1	23	69		(5:30) All Eyez on Me ★★½ (2017, Drama)	Demetrius Shipp Jr. Tupac Shakur. (R)					Boyz n the Hood ★★½ (1991, Drama)	Ice Cube. Life in gang zone. (R)		Romeo Die
CMT	24	67		Man (TVPG)	Man (TVPG)	Man (TVPG)		Walk the Line ★★½ (2005, Drama)		Joaquin Phoenix. The life of a rising country singer. (PG-13)			Walk Line
E!	26	60		Kardashian	Coyote Ugly ★★½ (2000, Drama)	Piper Perabo. (PG-13)		(45) Coyote Ugly ★★½ (2000, Drama)	Piper Perabo. Singertends bar. (PG-13)				13 Going on 30 ★★½ (PG-13)
COM	27	8		South Park	South Park: Return of Chef.	South Park		South Park		South Park		South Park	South Park
CNBC	37	37		Mad Money (N)		Shark Tank	Coconut water.	Shark Tank (TVPG)		Shark Tank	Adult camps.	Shark Tank	Lucrative offer.
CNN	38	11		Situation Room (N)		Erin Burnett OutFront (N)		Anderson Cooper 360° (N)		Cuomo Prime Time (N)		CNN Special Report (N)	Anderson Cooper 360°
MSNBC	40	36		The Beat with Ari Melber (N)		Hardball with Chris (N)		All in with Chris Hayes (N)		The Rachel Maddow Show		Lawrence O'Donnell (N)	The 11th Hour (N)
LIFE	41	26		(5:30) Shallow Hal (2001, Comedy)	Gwyneth Paltrow. (PG-13)			50 First Dates ★★★ (2004, Comedy)	Adam Sandler. (PG-13)			(03) The House Bunny (2008, Comedy)	Anna Faris. (PG-13)
HGTV	42	42		Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Christina on the Coast (N)		Flip or Flop	Hunters (N)
DISC	43	43		Homestead Rescue (TV14)		Homestead Rescue (TV14)		Homestead Rescue (N)		(01) Homestead Rescue: Surviving the Wild:	Bears, Bees, Cows, Oh My!. (TVPG) (N)		(31) Hunters
NICK	44	44		SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Madagascar: Escape 2 Africa ★★★ (2008)	Ben Stiller. (PG)		Friends
DISNEY	45	45		Sydney	Raven (TV G)	Raven (TV G)	Raven (TV G)	Unsittable	Unsittable	Unsittable	Just Roll	Just Roll	Andi Mack
FREE	46	46		Shrek (2001, Fantasy)	Mike Myers. A princess' secret. (PG)			Simpsons	Simpsons	Simpsons	Simpsons	Simpsons	The 700 Club (TV G)
WEATH	47	9		(5:00) Weather Underground	Weather info. (TVG)			Heavy Rescue: 401		Ice Pilots: NWT: D-Day.		Ice Pilots: NWT: Ice Jam.	Ice Pilots: NWT (TVPG)
MTV	48	70		Jersey Shore: Family	(TV14)	Jersey Shore: Family	(TV14)	Florabama Shore (TV14) (N)		(01) Ex on the Beach (TV14)		Ridiculous	Ridiculous
FX	49	55		Minions ★★★ (2015, Comedy)	Pierre Coffin. Minion history. (PG)			Despicable Me 3 ★★½ (2017, Comedy)	Steve Carell. (PG)			Despicable Me 3 ★★½ (2017, Comedy)	Steve Carell. (PG)
A&E	50	50		PD Cam	PD Cam	Live PD Presents: PD Cam		Live PD Presents: PD Cam		Court Cam	Court Cam	Live PD: Wanted (TV14) (N)	PD Cam
BRAVO	51	51		Real Housewives (TV14)		Real Housewives (TV14)		Real Housewives (TV14)		Real Housewives (TV14)		Real Housewives (TV14)	Real Housewives (TV14)
USA	52	52		Harry Potter and the Deathly Hallows: Part 1 (2010, Adventure)	Daniel Radcliffe. (PG-13)			(01) Harry Potter and the Deathly Hallows: Part 2 (PG-13)				(02) Family	(31) Family
AMC	53	53		European Vacation (PG-13)		National Lampoon's Christmas Vacation (1989) (PG-13)		National Lampoon's Christmas Vacation (1989) Chevy Chase. (PG-13)					Vacation ★★½
TVL	54	54		Andy (TV G)	Andy (TV G)	Andy (TV G)	Andy (TV G)	Loves Ray.	Loves Ray.	Everybody Loves Raymond		(55) Queens	Queens
TNT	55	49		Bones: Spaceman Crater.		Bones: Glowing Bones.		NBA Basketball: New York Knicks at Brooklyn Nets (Live)				NBA Basketball: Portland vs Utah (Live)	Queens
FSN	56	56		Panthers	Panthers	Panthers	Panthers	Inside	Inside	Inside		Inside	World Poker Tour
SUN	57	30		Under	Florida	Heat	Heat	Heat	Heat	College Basketball: Florida State vs South Florida (Replay)		College Basketball (Replay)	College Basketball (Replay)
ESPN	58	31		College Football: Miami vs Louisiana Tech		Scoreboard		College Football: Pittsburgh Panthers vs Eastern Michigan Eagles from Ford Field in Detroit (Live)					Sports
ESPN2	59	32		SportsCenter		Top Rank Boxing (Replay)		Top Rank Boxing (Replay)		Top Rank Boxing (Replay)			Sports
GOLF	60	63		Highlights		Highlights		Highlights		Highlights		Highlights	Highlights
NBCSN	61	491		Premier	Men In	Premier League Download		Premier League Download		Premier League Download		Soccerbox	Soccerbox
TBS	62	62		Family Guy	Family Guy	Bang (TVPG)	Bang (TV14)	Bang (TVPG)	Bang (TVPG)	Bang (TVPG)	Bang (TV14)	Bang (TVPG)	Bang (TVPG)
PARMT	63	59		Scrooged ★★★ (1988, Comedy)	Bill Murray. Executive & ghosts. (PG-13)			Paramount Movie					Paramount Movie
SYFY	64	64		The Green Mile (1999) (R)		Pitch Black ★★★ (2000, Science Fiction)	Vin Diesel. Monsters after dark. (R)			The Chronicles of Riddick ★★½ (2004, Science Fiction)	Vin Diesel. (PG-13)		
HIST	65	65		American Pickers (TVPG)		American Pickers (TVPG)		American Pickers (TVPG)		Pickers: Bonus Buys (N)		American Pickers (TVPG)	American Pickers: Paradise.
TRAV	66	66		Ghost Adventures (TVPG)		Ghost Adventures (TVPG)		Ghost Adventures (TVPG)		Ghost Adventures (TVPG)		Ghost Adventures: Extra (N)	Ghost Nation (TVPG)
OWN	67	48		20/20 on OWN (TV14)		20/20 on OWN (TV14)		20/20 on OWN (TV14)		20/20 on OWN: Unfriended.		20/20 on OWN: A murder plot.	20/20 on OWN: Mystery.
ANPL	68	61		Pit Bulls & Parolees (TVPG)		Pit Bulls & Parolees (TVPG)		(01) Pit Bulls & Parolees (N)		(09) Pit Bulls & Parolees (N)		(15) Pit Bulls & Parolees (N)	Pit Bulls & Parolees (TVPG)
FS1	69	39		NFL Films	WWE Friday Night (Replay)			WWE Backstage (Replay)		Mexican Liga MX Soccer: América at Monterrey (Live)			NFL Films
FNC	71	35		Special Report (N)		The Story (N)		Tucker Carlson Tonight (N)		Hannity (N)		The Ingraham Angle (N)	News @ Night (N)
TLC	72	24		Dr. Pimple Popper (TV14)		Dr. Pimple Popper (TV14)		Dr. Pimple Popper (TV14)		Dr. Pimple Popper (TV14)		Don't Look Away (TV14) (N)	Dr. Pimple Popper (TV14)
HALL	73	41		Double Holiday (2019, Holiday)	Carly Pope.			Reunited at Christmas (2018, Romance)	Nikki DeLoach.			Let It Snow ★★½ (2013, Holiday)	Candace Cameron Bure. (NR)
TCM	74	71		(4:30) Young Catherine (1991, Drama)	Vanessa Redgrave.			The Cincinnati Kid ★★½ (1965, Drama)	Steve McQueen. (NR)			The Opposite Sex ★★★ (1956, Musical)	June Allyson. (NR)
FOOD	76	28		Restaurant: Impossible		Restaurant: Impossible (N)		Behind the Impossible (N)		Restaurant: Impossible (N)		Beat Bobby	Beat Bobby
OXYG	79	240		Snapped: Stacey Shoek.		Snapped: Tracie Miles.		An Unexpected Killer (N)		Homicide for the Holidays		Homicide for the Holidays	Homicide for the Holidays
SCI	110	401		It's Made	It's Made	It's Made	It's Made	Mysteries (TVPG)		Mysteries (TVPG)		Underground Marvels (N)	Unexplained and (TVPG)
AHC	112	247		America's Civil War (TV14)		America's Civil War (TV14)		America's Civil War (TV14)		America's Civil War (TV14)		America's Civil War (TV14)	America's Civil War (TV14)
VICE	116	79		Black Hawk Down (2002, Action)	Josh Hartnett. U.S. soldiers are cornered in Somalia. (R)			Black Hawk Down (2002, Action)	Josh Hartnett. U.S. soldiers are cornered in Somalia. (R)				
DIY	121	86		Insane Pools: Castle Sea.		Insane Pools: Sliding Into.		Treehouse Masters (TVPG)		Treehouse Masters (TVPG)		Treehouse Masters (TV G)	Treehouse Masters (TV G)
COOK	122	250		The Best Thing I Ever Ate		Best Thing	Best Thing	Man v. Food	Man v. Food	Man v. Food	Best Thing	Best Thing	The Best Thing I Ever Ate