

Blue Zones

"I found that when you are depressed, that's when you do something for somebody else." - Dan Buettner, Blue Zones Project founder



Cosmos Ristorante & Pizzeria owner Gianluca Corso gives a high-fives to his employee Shawn Denton after Corso was presented an award by STARAbility for hiring employees with special needs. JON AUSTRIA/NAPLES DAILY NEWS USA TODAY NETWORK- FLORIDA

What Blue Zones Project looks like in a nonprofit



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Nonprofits play an integral part in the health of our community.

Helping children, families, animals, the environment, and others are all causes that unite us. It is often these organizations that allow people to volunteer and help to fulfill their greater purpose.

We know from research that by living your purpose, people can live longer, healthier and happier lives. So when a nonprofit adopts Blue Zones Project best practices, and has staff and volunteers that are fulfilling their higher purpose, it's doubly effective for improving overall well-being.

There are a number of nonprofit that have earned Blue Zones Project recognition over the years.

STARAbility Foundation works to support people with disabilities by providing life transforming opportunities that emphasize teamwork and connection to the community. They also work to build awareness and respect for individual abilities.

"STARAbility's daily Trailblazer Academy focuses on making a healthy choice an easy choice every day," stated



Madison McNally, program director at STARAbility Foundation, left, and Shawn Denton, right, prepare to give the STAR Award to Gianluca Corso, center, Thursday, Sept. 19, 2019, at Cosmos Ristorante & Pizzeria in Naples. JON AUSTRIA/NAPLES DAILY NEWS USA TODAY NETWORK- FLORIDA

Karen Govern, executive director of STARAbility Foundation.

"We incorporate Blue Zones Project practices into our program's curriculum. We focus on nutrition education that covers all food groups with an emphasis on the variety of plant-based options, relationship-building with peers and mentors, and wellness and physical ac-

tivity through weekly Moai Walks throughout the community."

To become a Blue Zones Project recognized organization, STARAbility highlighted their tobacco-free facility, discouraged consumption of sugary beverages, offered nutrition classes and hosted a nutrition seminar.

New Horizons became a Blue Zones

Project recognized organization in January.

This organization is dedicated to helping at-risk children and teens who are growing up in an environment of poverty, academic failure and hopelessness.


From its beginnings with 20 children in 2002, New Horizons currently reaches 600 children and teens at ten locations in Naples, Bonita Springs, Estero and Fort Myers; providing more than 100,000 hours of after school tutoring and mentoring annually at no cost to their families.

They implemented a number of well-being practices that include sponsoring of trainings, such as Purpose Workshops that support members connecting with their personal purpose, encouraging staff to drink more water and promoting healthier snack choices at their clubs.

A list of all the nonprofits that are Blue Zones Project recognized/approved are listed on our website at bluezonesproject.com/organizations.

If any of these inspire you to volunteer, and live your purpose, please contact them to find out how to get involved!


Kate Hampton is the former director of marketing and public relations for the Blue Zones Project of Southwest Florida.



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