

**“If you want to be happier, make sure you take your vacation days every year. The greatest source of happiness comes from the planning of a trip. Instead of taking one big trip each year, take many small trips so you have more to look forward to.”- Dan Buettner, author of “Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest”**



Naples Flatbread Kitchen & Wine Bar at Miromar Outlets in Estero joins the Blue Zones Project. BLUE ZONES STAFF

# FIRST EATERY IN ESTERO JOINS THE BLUE ZONES

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Naples Daily News  
USA TODAY NETWORK - FLORIDA

Eating a healthier meal at Miromar Outlets in Estero just got easier, with Naples Flatbread Kitchen & Wine Bar gaining Blue Zones Project recognition, mall officials said.

Naples Flatbread historically has been committed to offering healthier food choices to customers, and it went

extra steps with more options to become recognized by the health and wellness initiative in Southwest Florida known as the Blue Zones Project.

“Our new Southwest quinoa bowl is one of the most popular additions to our menu and is a featured participating item in the Blue Zones Project,” Palma Desiano, the owner of Naples Flatbread, said.

The Blue Zones project was introduced to Southwest Florida in 2015

based on the 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, 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.

To celebrate Naples Flatbread joining the Blue Zones initiative, a ceremony was held Tuesday. About 50 invitations went out in the community to attend and enjoy samples.

The Southwest quinoa bowl, as a new addition to salad offerings, features corn, black beans, peppers and onions,

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# Blue Zones

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Desiano said.

Naples Flatbread uses state-of-the-art ovens instead of fryers, and the flatter flatbread for numerous items is a substitute for bulky carbohydrate breads. There are gluten-free options.

The NCH Healthcare System is underwriting the cost of the Blue Zones Project undertaking in Southwest Florida during the startup years.

Naples Flatbread at Miromar joins 20 restaurants in Southwest Florida that have gained Blue Zones recognition.

In addition there are more than businesses, homeowners' associations, government agencies and other groups that have gained Blue Zones recognition or approval. The process involves taking steps to change the culture to be more

health and wellness focused, with better food options, more activity, engagement with others, family time and other practices.

The philosophy is that over time, healthier choices will become the easier choice, and each incremental step can improve health and well-being.

Buettner in January spoke at the World Economic Forum meeting in Davos, Switzerland, to world leaders, industry leaders and Nobel Prize winners about the happiest and longest-living populations in the world.

To date, 42 communities around the U.S. have embarked on Blue Zones Projects to encourage residents to take action to be healthier and more engaged. An estimated 3.3 million Americans have been impacted by the project.

Naples Flatbread's location at 9118 Strada Place in Mercato in North Naples earned its Blue Zones recognition in November.