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Health Tested, Blue Zones Approved: Collier Dept Earns Certification

By Tyler Mosher @TMosh4UI Aug 04, 2016

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Continuing its commitment to promote healthy lifestyle choices through maintaining conscious environmental practices and social networks, the Blue Zones Project of Southwest Florida has deemed Collier County as an approved work site.

The Collier County Department of Health recently celebrated by holding a ribbon-cutting ceremony on July 29, commemorating their efforts to the local community.

"Becoming a Blue Zones Project Approved work site is a huge win—times two," recognized Stephanie Vick, Department of Health-Collier administrator. "Our department has expanded our participation with the State Surgeon General's Healthiest Weight initiative, solidifying our community partnerships and mission."

Because many hours are spent indoors, working throughout the day, the Collier County Department of Health makes certain that employees live healthy lives.

"We wanted to create an environment that can help staff make positive, last changes to their own health and well-being," Vick added.

In accordance with the Blue Zones Project, the department complied with the approval requirements by implementing healthier vending machine options, restructuring a staff breast-feeding policy, and set up a work site



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wellness committee to monitor and integrate well-being practices as well as regular walking sessions.

To learn more about the Blue Zones Project of Southwest Florida, call 239-624-2312 or visit this link.



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