

# Bonita Springs Spotlight

Editions: Bonita Springs ↕

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### Foot Solutions Estero becomes Blue Zones Project approved worksite



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Foot Solutions Estero was named a Blue Zones Project approved worksite last month, joining more than 40 organizations in Southwest Florida. Chris Cole, owner of Foot Solutions, said that the approval process allowed him and his team to analyze stress levels in the workplace and how to better manage it throughout the day. Employees now walk more throughout the day and can take time in the newly installed “quiet room” for relaxation and stress management. “I (have) noticed my employees coming to work happier, with a stronger sense of purpose and motivation,” Cole said. “We plan to take the survey next quarter to quantify the results and see how far we’ve come.” Brought to Southwest Florida by NCH Healthcare System, in collaboration with Healthways®, Inc. and Blue Zones®, LLC, Blue Zones Project is a vital part of Southwest Florida’s community well-being improvement initiative.

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