

The Arlington of Naples Achieves Blue Zones Project ‘Trifecta’

Blue Zones Project

The Arlington of Naples, a senior living community in Lely, achieved the Blue Zones Project- Southwest Florida “trifecta.” The community not only became a Blue Zones Project Approved™ worksite, but also a recognized homeowner’s association and faith-based organization. The Arlington of Naples is the first organization in Southwest Florida to achieve all three designations.

“We are thrilled to be participating with Blue Zones Project,” stated Jessica Short, executive director of The Arlington of Naples. “We want to create an environment at The Arlington where our staff and our residents can experience their highest well-being. To do that, we

offer social activities, healthy food in our dining areas, and opportunities to stay physically active and fit.”

One of the ways that The Arlington of Naples earned Blue Zones Project approval was by having their residents and employees participate in the “Track Your Trek” step challenge that Blue Zones Project hosted from Jan. 2019 through April 2019. More than 70 people participated, walking more than 25 million steps for a total of 12,813 miles! One resident lost 13 pounds within the 10-week timeframe.

They join more than 600 other area companies participating with Blue Zones Project – Southwest Florida, a community-by-community, well-being improvement initiative designed to

support longer, better lives through sustainable changes to environment, policy, and social networks. Principles are based on lifestyles in Blue Zones® areas, which are pockets of the world where people live longer with less chronic disease and higher quality of life.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare®, Inc. and Blue Zones, LLC, Blue Zones Project is a vital part of Southwest Florida’s well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit southwestflorida.bluezonesproject.com.



Gary Tomcik, chief experience officer of NCH Healthcare System; Jessica Short, executive director of the Arlington; Mary Campbell, resident services director of the Arlington.

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