

“The more things for which you develop a fondness, the richer the life you live.” – Dan Buettner, Blue Zones founder



From Left: Dr. Greg Adkins, superintendent of the School District of Lee County; Cathleen Morgan, Lee County School Board; Debbie Jordan, Lee County School Board; Mary Fischer, Lee County School Board; Heather Parker, employee wellness coordinator; Dr. Angela Pruitt, chief human resource officer; Bonnie McFarland, director of insurance & benefits in HR; Michael Riley, CFO of NCH Healthcare System; and Joseph Stoner, Blue Zones Project Southwest Florida school lead.

Lee County Public School administration building now a Blue Zones worksite

The Blue Zones Project

The Lee County Public Education Center is now a Blue Zones Project Approved™ worksite. On July 31, the organization hosted a ribbon cutting celebration with their staff, members of the Lee County School Board, and the Superintendent of the School District of Lee County, Dr. Greg Adkins.

“We have always been committed to innovation in wellness throughout the district,” said Superintendent Dr. Greg Adkins. “Blue Zones Project gave us the tools we needed to take our well-being initiatives to the next level. We hope that this roadmap will lead to better health for our teachers, faculty, and students across the county.”

Through the Active Lee Employee Wellness Department, district employees have access to health programs, support resources, exercise classes and wellness coaching to empower them to make healthier lifestyle choices. Active Lee tracks the results of those classes and has seen significant improvement in reversing diabetes, reducing high cholesterol, lowering blood pressure and cutting the number of pain medication prescriptions.

Joe Stoner, Blue Zones Project Schools Lead, shared from his pre-retirement experience as a former educator and superintendent



Michael Riley, CFO of NCH Healthcare System, and Dr. Greg Adkins, superintendent of the School District of Lee County. BLUE ZONES PROJECT PHOTOS

of schools in New York, “It’s a rare occasion when a well-being initiative works for both staff and students. I applaud the Lee County School Board and Administration for implementing the project first with staff who will lead their students by example.”

Blue Zones Project Sponsor representative, NCH Healthcare System Chief Strategy Officer, Mike Riley explained how NCH brought

BZP to the SWFL community in 2015 to help make healthy choices easier and help us all live healthier, happier and longer lives. “We are helping to build well-being infrastructure in worksites, schools, HOAs, faith-based organizations, restaurants and grocery stores, as well as in community policy. Organizations like the School District of Lee County are making it happen as we partner to raise well-being in Southwest Florida.”

The School District joins 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.