

Blue Zones Project

Join the Movement for Healthier Communities



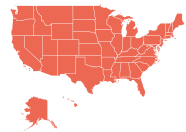
BLUE ZONES PROJECT

THANK YOU to our sponsors

BROUGHT TO MONTEREY COUNTY BY:



It's getting harder to lead a healthy lifestyle



69% of Americans can be classified as overweight or obese



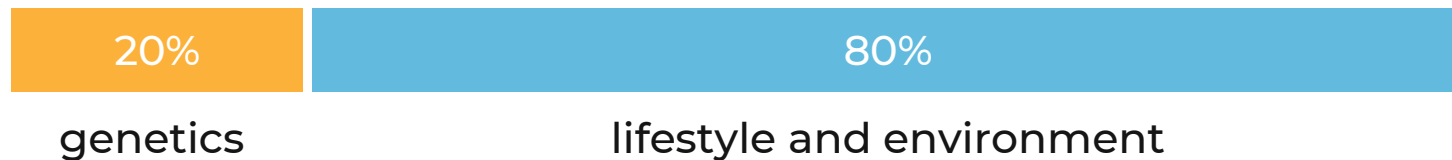
Our environment increasingly encourages unhealthy behaviors



Loneliness and social isolation are risk factors for increased mortality



What determines our health?





Where it All Began

The Blue Zones Project is a geographically based, community-by-community comprehensive approach to well-being that drives measurable improvement in key metrics.

The original blue zones exist all over the globe



Loma Linda,
California

Nicoya,
Costa Rica

Sardinia,
Italy

Ikaria,
Greece

Okinawa,
Japan

3x

more likely to
live to 100

Living on average

12 more

good years than we
do in the U.S.A.

Sardinia, Italy





cannonau



celebrated



shepherds



garden

Okinawa, Japan





moai



hara hachi bu



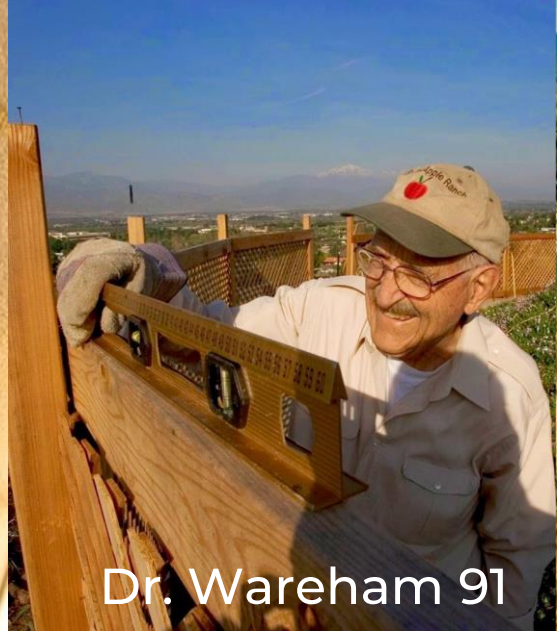
ikigai



Loma Linda CA, USA



Marge 101



Dr. Wareham 91



faith & health

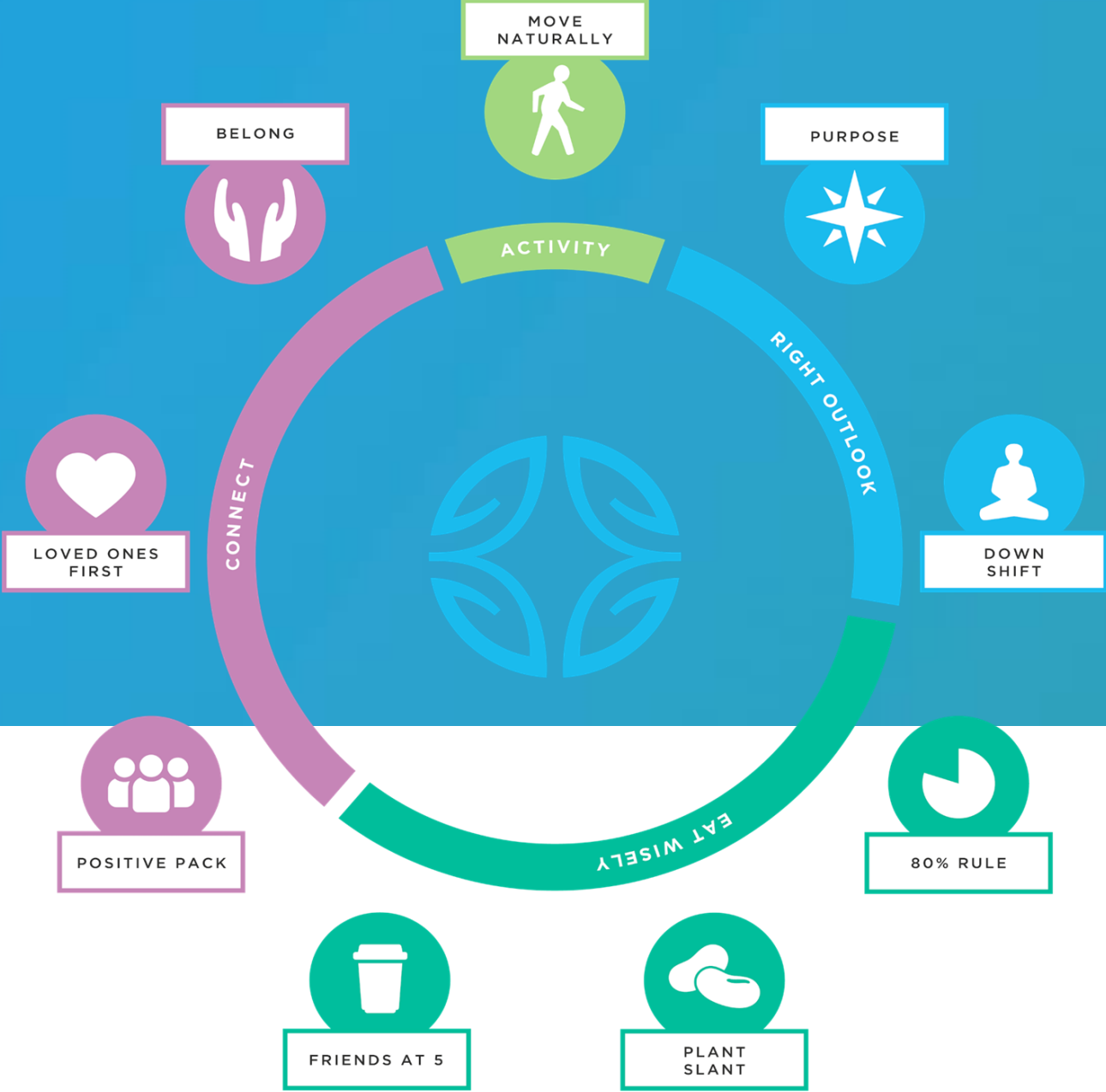
A woman with grey hair, wearing a black short-sleeved shirt with a blue and white floral pattern and a pink skirt, is sitting against a bright green wall. She is looking slightly to the right of the camera.

Nicoya Peninsula,
Costa Rica

A man wearing a white protective beekeeping suit, including a hood with a mesh face shield and a light-colored hat, is standing in a field. He is holding a small, dark, rounded object in his right hand. In the background, there are several blue beehives on stands, and the landscape is hilly with green grass and yellow flowers. The sea is visible in the distance under a cloudy sky.

Ikaria,
Greece

Power 9[®] Lessons for living longer, better



Life Radius



Blue Zones Project works to improve what we call the Life Radius - the area around a person's home where they most of their time.

Approved Blue Zones Worksites have healthier employees with greater well-being that are more productive and less costly.

Impacting People



Take steps toward improving your well-being:

- Move more
- Discover your purpose
- Eat better
- Make new friends



Impacting Policy



Community Policy has big impact on healthy choices:

- Built environment
- Tobacco policy
- Food policy



Impacting Places



Discover how healthy choices are made easier:

Blue Zones Approved School Sites



**Add 200 steps to
your day!**

bluezonesproject.com

Blue Zones Approved
Worksites

- Schools
- Worksites
- Restaurants
- Grocery stores
- Civic & Faith-Based Orgs



Blue Zones Approved
Restaurants

Exercise Bike for under the desk!



Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1

1
Livin' On A Prayer
Palms together, fingers pointing up, push hands down.

10 seconds



2

2
Like A Prayer
Palms together, fingers pointing down, pull hands up.

10 seconds



3

3
Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.

10-20 seconds



4

4
Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.

10-12 seconds/side



5

5
Pump It Up
Arms above head, grab hold of opposite elbows, lean side to side.

8-10 seconds/side





VOLUNTEER TIME OFF (VTO)

EARN UP TO 8 HOURS PAID VAC TIME

Volunteer for any 501(c)3 Non-Profit organization.

ONE HOUR VOLUNTEER TIME = TWO HOURS VAC ACCRUAL TIME

Limited to four hours of volunteering annually. Must have prior approval. VTO Request Form must be completed and approved by your Manager at least one week prior to volunteer date.



Commuter Benefits Card

Walk . Bike . Car Pool . Public Transportation
Earn one punch/day for each alternative form of transportation.
10 punches = 8 hours Paid VAC time (limit 10 punches per year.)



FARM TO RESTAURANT • HOME • MARKET

COMMUNITY VOLUNTEER DAYS

DÍAS DE SERVICIO A LA COMUNIDAD

2023



Hilltop Park
02/04
10AM-12PM
4th Avenue &
9th St.
Marina



Havana Soliz Park
03/11
10AM-12PM
Between Lincoln St.
& Havana St.
Seaside



**Oak Woodland
Community Garden**
04/15
9AM-12PM
190 Seaside Circle
Locke Paddon Park,
Marina



Beach Clean-Up
05/30
4PM-6PM
Del Monte Beach
588 Del Monte Blvd.
Monterey



**Lincoln Cunningham
Park**
06/24
10AM-12PM
San Pablo Avenue
Seaside



**Oak Woodland
Community Garden**
07/15
9AM-11AM
190 Seaside Circle
Marina



Beach Clean-Up
07/05
4PM-6PM
Del Monte Beach
588 Del Monte Blvd.
Monterey



Capra Park
08/05
10AM-12PM
1530 Sonoma Avenue
Seaside



Beach Clean-Up
09/05
4PM-6PM
Del Monte Beach
588 Del Monte Blvd.
Monterey



**Oak Woodland
Community Garden**
10/14
9AM-11AM
190 Seaside Circle
Marina



**Laguna Grande
Park Clean-Up**
11/18
10AM-12PM
401 Virgin Avenue
Monterey



**Lincoln Cunningham
Park**
12/02
10AM-12PM
San Pablo Avenue
Seaside

A silhouette of a person standing on a mountain peak with their arms outstretched, set against a clear blue sky. The person is positioned in the center-left of the frame. The background shows a vast mountain range with some snow patches. The overall color palette is dominated by shades of blue and teal.

LIVE LONGER, BETTER