

# Blue Zones Project

Join the Movement for Healthier Communities



BLUE ZONES PROJECT

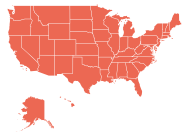
# THANK YOU to our sponsors

BROUGHT TO MONTEREY COUNTY BY:

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# It's getting harder to lead a healthy lifestyle



69% of Americans  
can be classified as  
overweight or  
obese



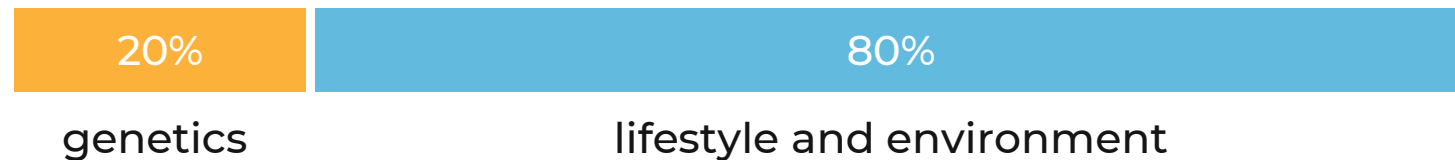
Our environment  
increasingly encourages  
unhealthy behaviors



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

**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



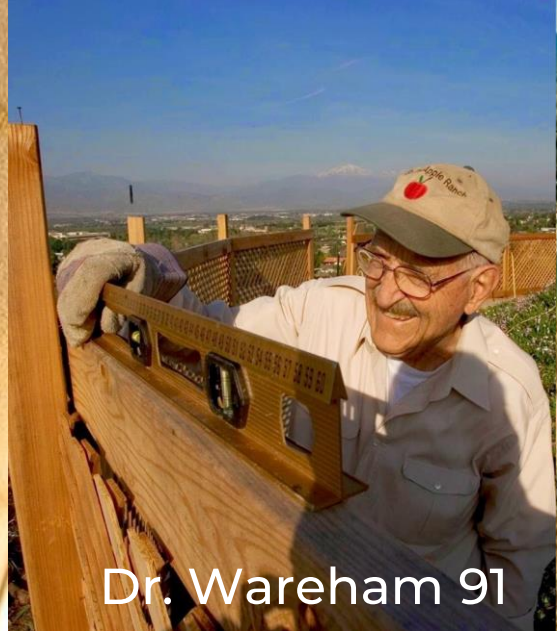




# Loma Linda CA, USA



Marge 101



Dr. Wareham 91



faith & health

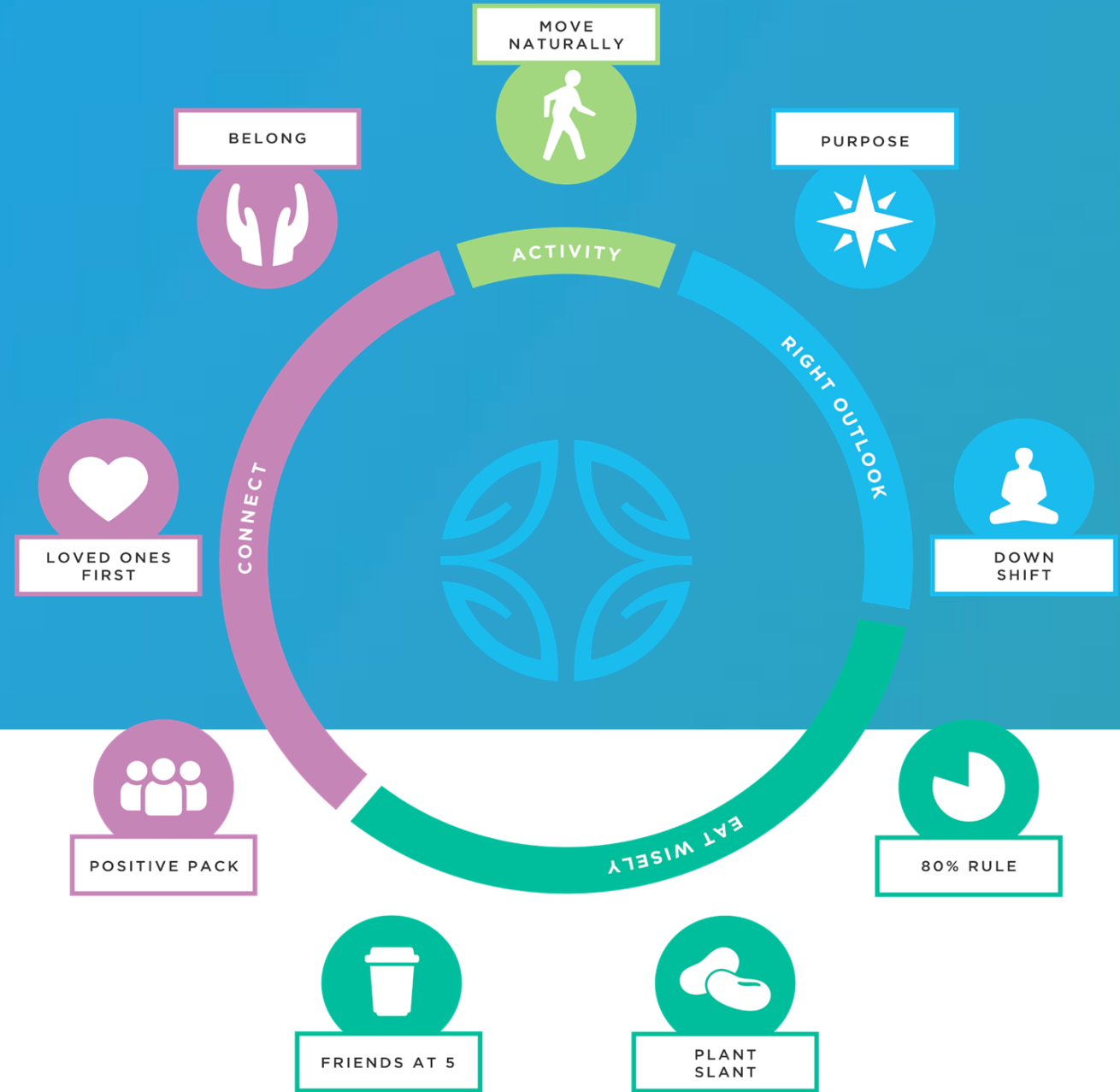


Nicoya Peninsula,  
Costa Rica



Ikaria,  
Greece

# Power 9<sup>®</sup> 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](http://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!**

The image consists of two photographs. The left photograph is a close-up view from underneath a desk, showing a person's legs and feet on a black and yellow exercise bike. The person is wearing dark trousers and black sneakers with yellow accents. The bike is positioned on a light-colored wooden floor. Various cables are visible running along the wall under the desk. The right photograph shows a person sitting at a desk, viewed from the side. The exercise bike is positioned under the desk, and the person's feet are on the pedals. The desk surface has a computer monitor, keyboard, and some papers. A grey storage bin is visible under the desk next to the bike. The floor is made of light-colored wood.

# 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**  
**Livin' On A Prayer**  
Palms together, fingers pointing up, push hands down.  
10 seconds
- 

**2**  
**Like A Prayer**  
Palms together, fingers pointing down, pull hands up.  
10 seconds
- 

**3**  
**Can't Touch This**  
Hands together, fingers interlaced, extend arms with palms reaching forward.  
10-20 seconds
- 

**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**  
**Pump It Up**  
Arms above head, grab ahold of opposite elbows, lean side to side.  
8-10 seconds/side



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1

Palms together, fingers pointing up, push hands down.

10 seconds

2

Palms together, fingers pointing down, pull hands up.

10 seconds

3

Hands together, fingers interlaced, extend arms with palms reaching forward.

10–20 seconds

4

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

10–12 seconds/side

5

Arms above head, grab ahold 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



LIVE LONGER, BETTER