

# 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



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



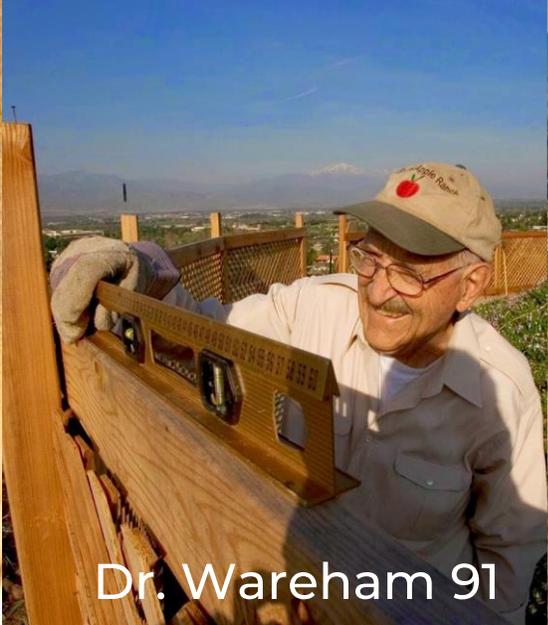
ikigai



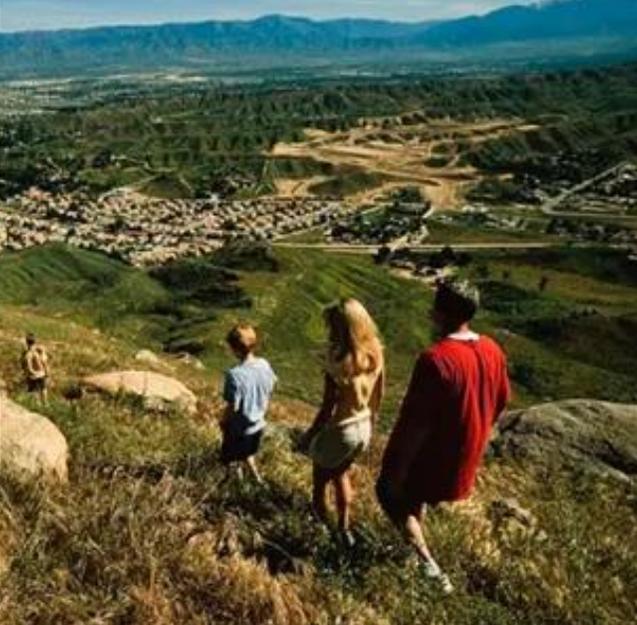
Loma Linda  
CA, USA



Marge 101



Dr. Wareham 91



faith & health

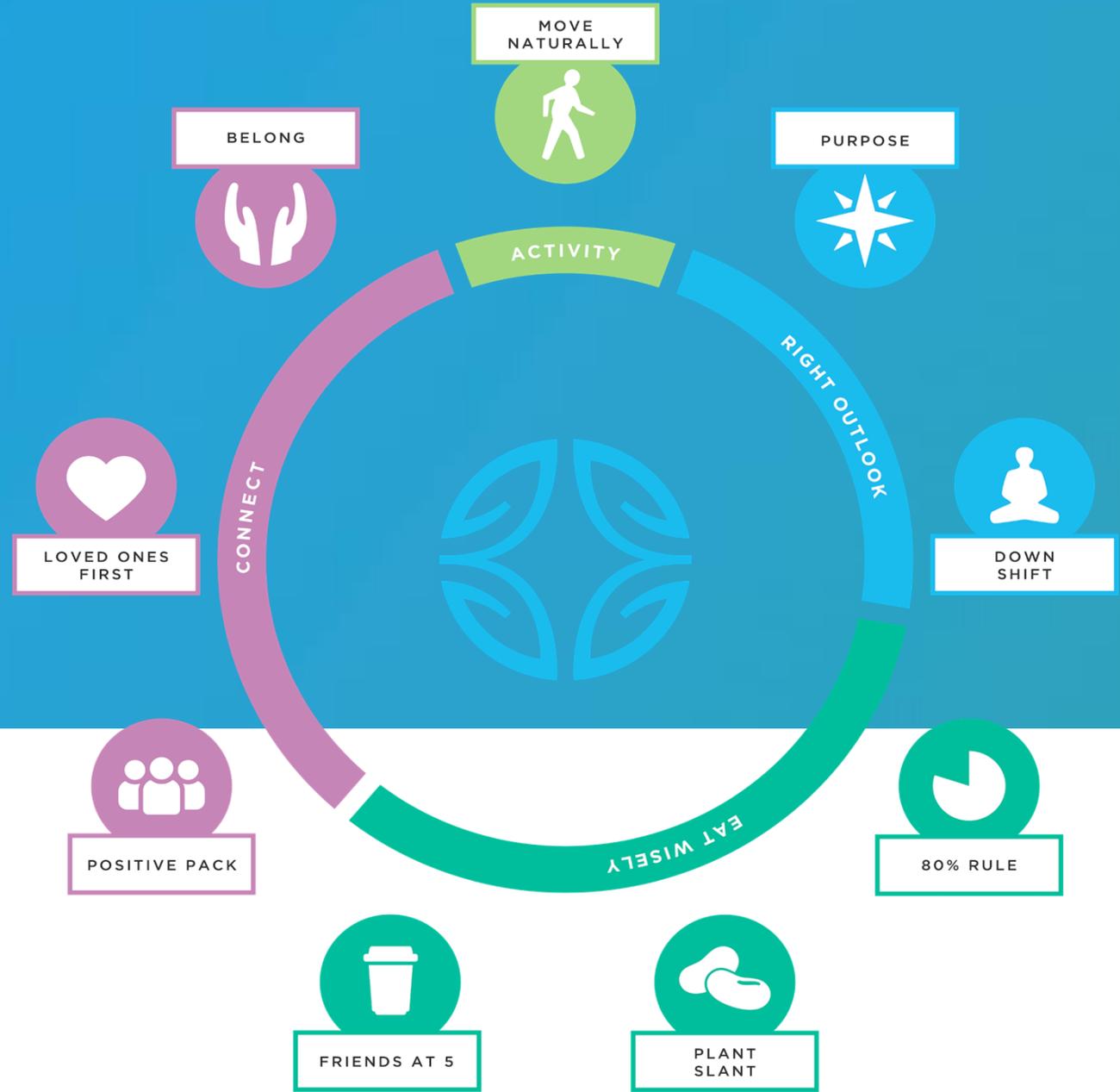
A woman with grey hair, wearing a black short-sleeved shirt with a blue and white floral pattern and a pink skirt, is sitting against a bright green wall. She is looking slightly to the right of the camera.

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<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!



## 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 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 arms outstretched against a blue sky. The person is positioned in the center-left of the frame, facing away from the viewer. The background is a clear, bright blue sky with a gradient. The foreground shows the dark, rocky terrain of the mountain peak and some distant, hazy mountain ranges.

LIVE LONGER, BETTER