

## Blue Zones @ Palmira

Blue Zones is a wellness initiative that the community of Palmira is trying to integrate to help its residents eat well, move more & stress less. To quote Dan Buettner in an excerpt from his book *The Blue Zones Solution* "If we want to improve the health and lifestyle of Americans, maybe we've been going about it the wrong way, I thought. Maybe we need to expand our focus from individual diet and exercise regimens all the way out to entire communities and what they offer to help people make changes."

In the upcoming months & years we are trying to integrate the Blue Zones initiative into the community to have a positive impact on our residents.

- Some things that we are working towards are healthier menu options,\* Moai walking groups, Moai potlucks a community garden, and in house wellness seminars just to name a few. Moai (pronounced Mo-eye) comes from Okinawa, Japan. It means "meeting for a common purpose"
- Moais are groups of 5-8 people that meet over ten weeks to walk, or socialize at potlucks together.

There is a designation awarded to communities that meet the Blue Zones criteria and we are currently working towards that designation.

In order to do that we need 25% of the homeowners to individually take the pledge. Taking the pledge simply means that you welcome the wellness initiative into your community and that you are interested in ways to live a happier healthier life in a happier healthier community. Follow this link if you would like to support our efforts.

<https://southwestflorida.bluezonesproject.com/pledge?c=VGxBeTBBRTNzTGtCZXJpR3gy&t=OTHER>