

What is Blue Zones Project?

August 2018

Blue Zones Project is a community of a specified area in which citizens, schools, employers, restaurants, grocery stores and community leaders come together to optimize residents' longevity and well-being. Blue Zones Project makes healthy choices easier. It is based on principles identified during an 8-year worldwide longevity study detailed in researcher Dan Buettner's best-selling book, *The Blue Zones Lessons for Living Longer from the People Who've Lived the Longest*.

Blue Zone project communities have experienced double-digit drops in percentages related to obesity, smoking and BMI; have saved millions of dollars in healthcare costs; and have seen a significant drop in employee absenteeism. This community-wide approach is based on nine lessons to help live a longer life.

- 1) Move Naturally – Find ways to add movement in your life; work around the house, garden, walk while talking on the phone, etc.
- 2) Know Your Purpose – Have a reason to wake up in the morning.
- 3) Down Shift – Find stress-relieving activities that work for you, whether its praying, napping, or going to happy hour.
- 4) Eat Less – 80% rule ... Eat mindfully and stop when you are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it.
- 5) Eat Less Meat – Add more fruits and vegetables into your diet.
- 6) Drink in Moderation – Enjoy a glass of wine with friends.
- 7) Family First – Spend time with your family.
- 8) Belong – Attend faith-based services, denomination doesn't matter.
- 9) Stay Social – Surround yourself with friends who have and support healthy behaviors.

The County of Ontario and City of Canandaigua are two local leaders who have begun to explore this initiative.

This month's healthy recipe is taken from the Blue Zones website and follows Blue Zone healthy eating guidelines.

To find out more about this exciting well-being initiative, email bluezonesprojectusa@healthways.com.

Pantescan Potato Salad

Serves 8 – 148 calories per serving

- 3 medium cooked potatoes (cooled and peeled if desired)
- 4 large tomatoes sliced into wedges
- ½ medium red or sweet onion, halved and sliced into rings
- ½ cup Sicilian olives, drained
- 1 ½ tbs capers, drained and rinsed
- 1 ½ tbs extra virgin olive oil
- 1 ½ tsp red wine vinegar
- 1 ½ tsp dried oregano

Slice the potatoes into large chunks and place them in a large bowl with the tomatoes, onions, olives, and capers. Toss together.

Drizzle with olive oil and vinegar. Add the oregano. Toss to combine well. Serve immediately. This salad is also good served cold or room temperature.

Family First – Here are some great destinations in and around Rochester to spend time with your family that you may not have thought of yet this summer.

- Hidden Valley Adventure – You can see and feed over 30 species of exotic animals; 2887 Royce Road, Varysburg 14167; <https://hiddenvalleyadventure.com/>
- Ganondagan – Families can walk the land of a 17th century Seneca site, visit a full replica of a longhouse, and more! 7000 County Road 41, Victor 14564; <http://ganondagan.org/>
- Tinker Homestead and Nature Park – Visit 1830s cobblestone farmhouse and explore the park looking for fairy houses; 1525 Calkins Road, Henrietta 14467; <https://sites.google.com/view/tinkerpark/home>
- Springdale Farm – Open to the public, this is an agricultural education facility; 700 Colby Street, Spencerport 14559; <http://www.springdalefarm.org/>

