



BLUE ZONES PROJECT
by sharecare

Blue Zones Project

Join the movement for Healthier Communities

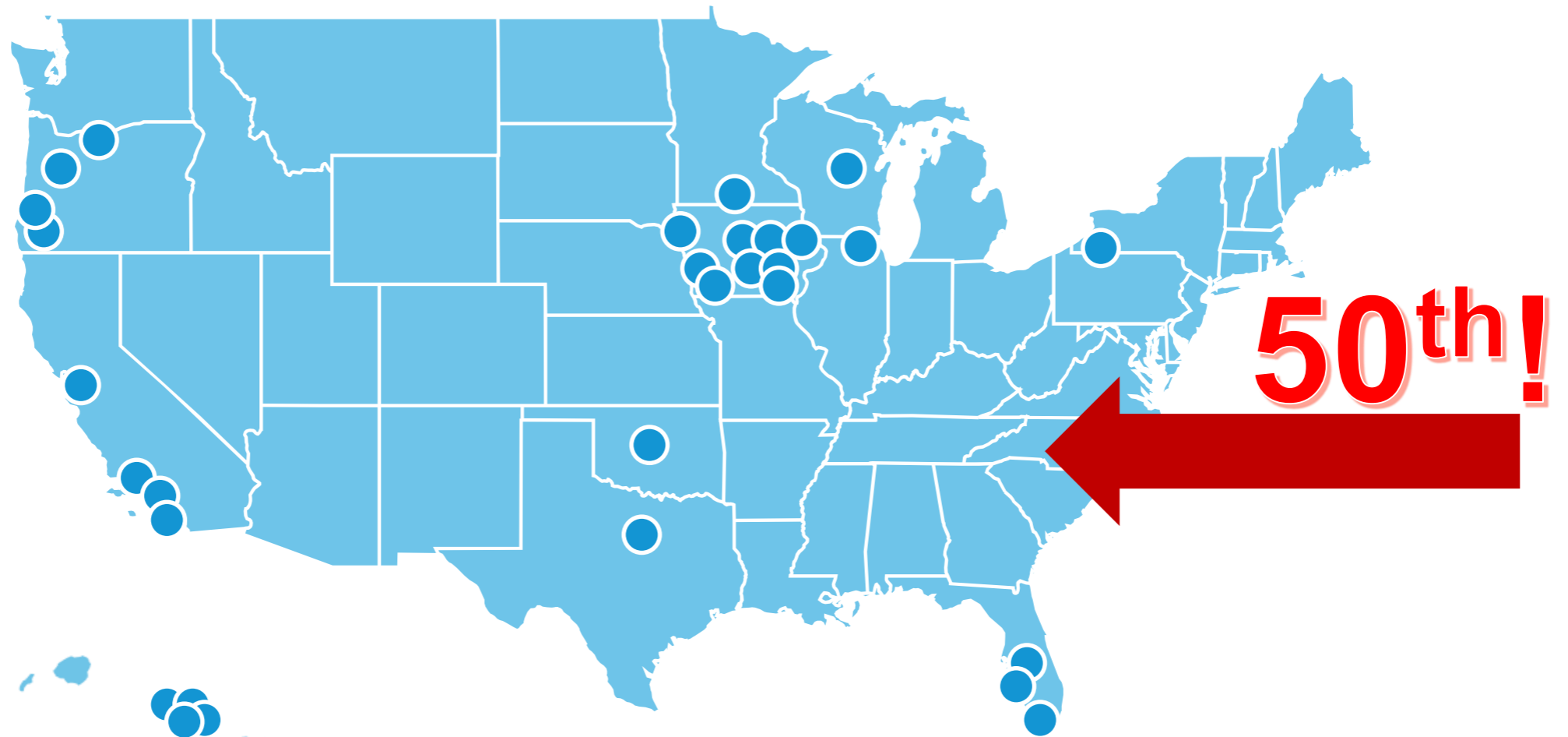
THANK YOU to our sponsors

Powered by



PISGAH
HEALTH FOUNDATION

Impacting Communities Across America



50th!



6+ Million lives impacted
across **57 states**



What determines our health?

20%

genetics

80%

lifestyle and environment

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.



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 spend **the majority of their time.**

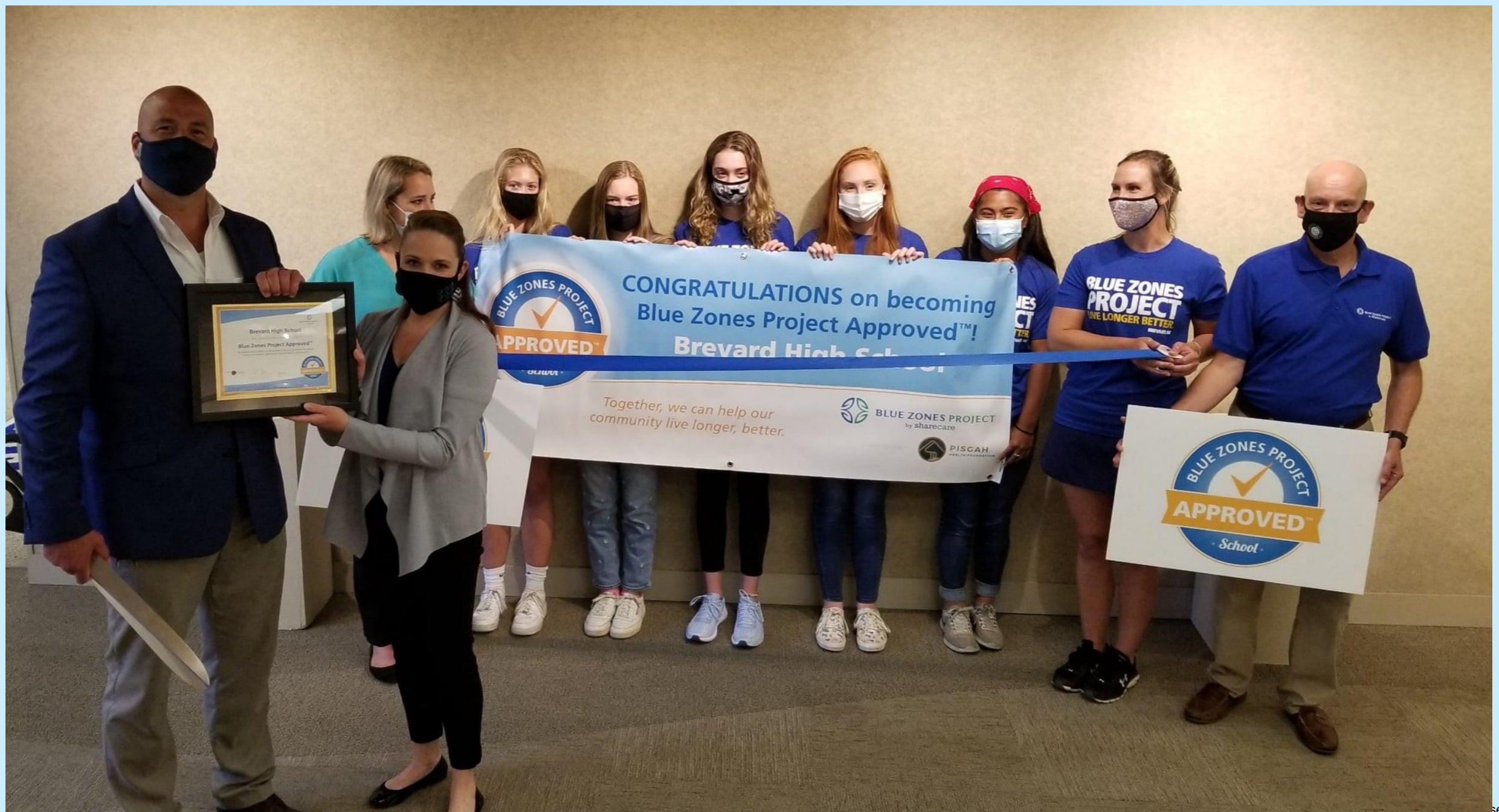




BREVARD, NORTH CAROLINA



BREVARD HIGH SCHOOL *FIRST Blue Zones Project Approved High School in all the Carolinas!



DAVIDSON RIVER SCHOOL

Blue Zones Project

Approved



STUDENT-LED WELLNESS COMMITTEES



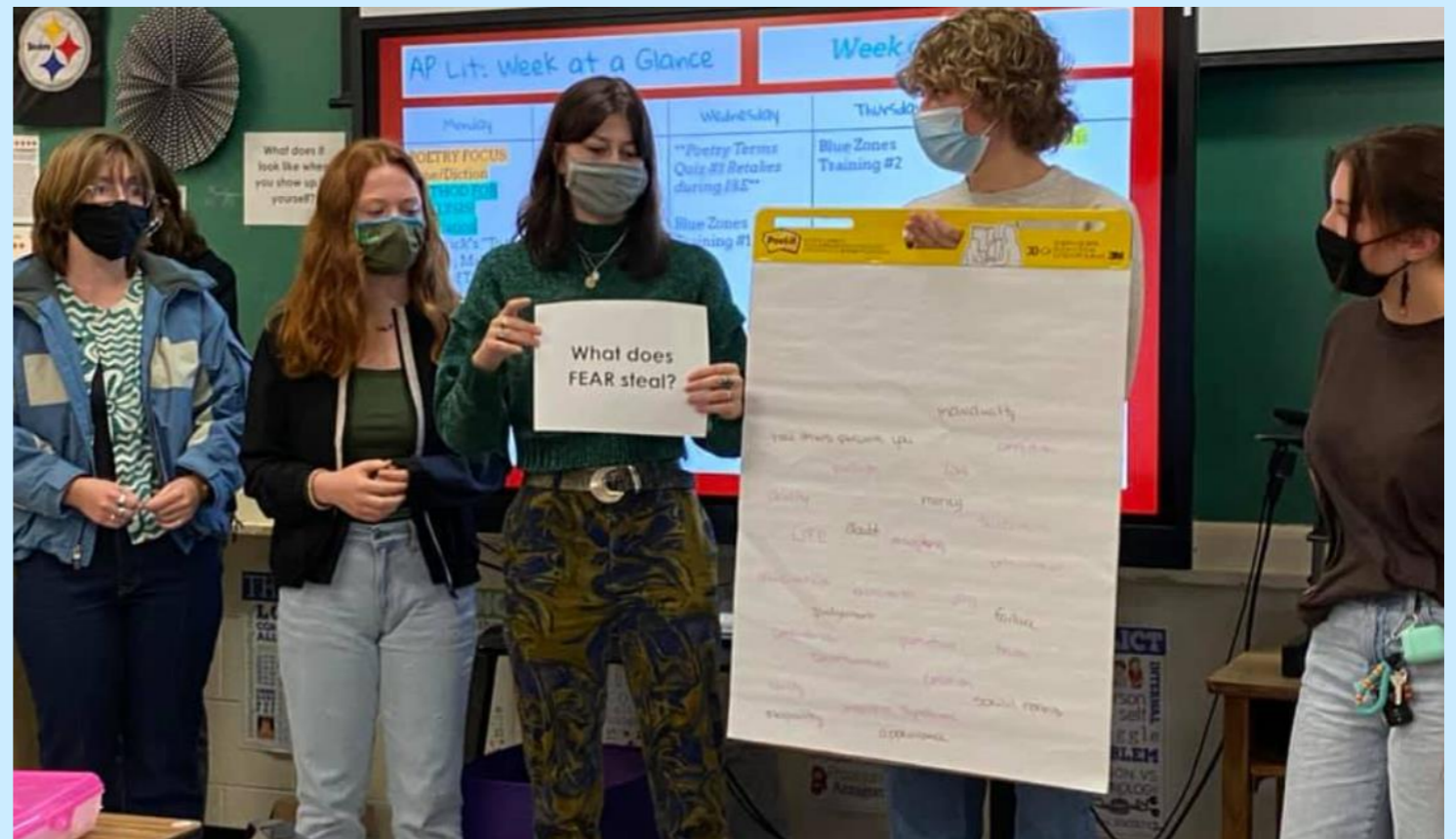
EDUCATING PEERS



MENTAL HEALTH: DOWNSHIFTING SPACES



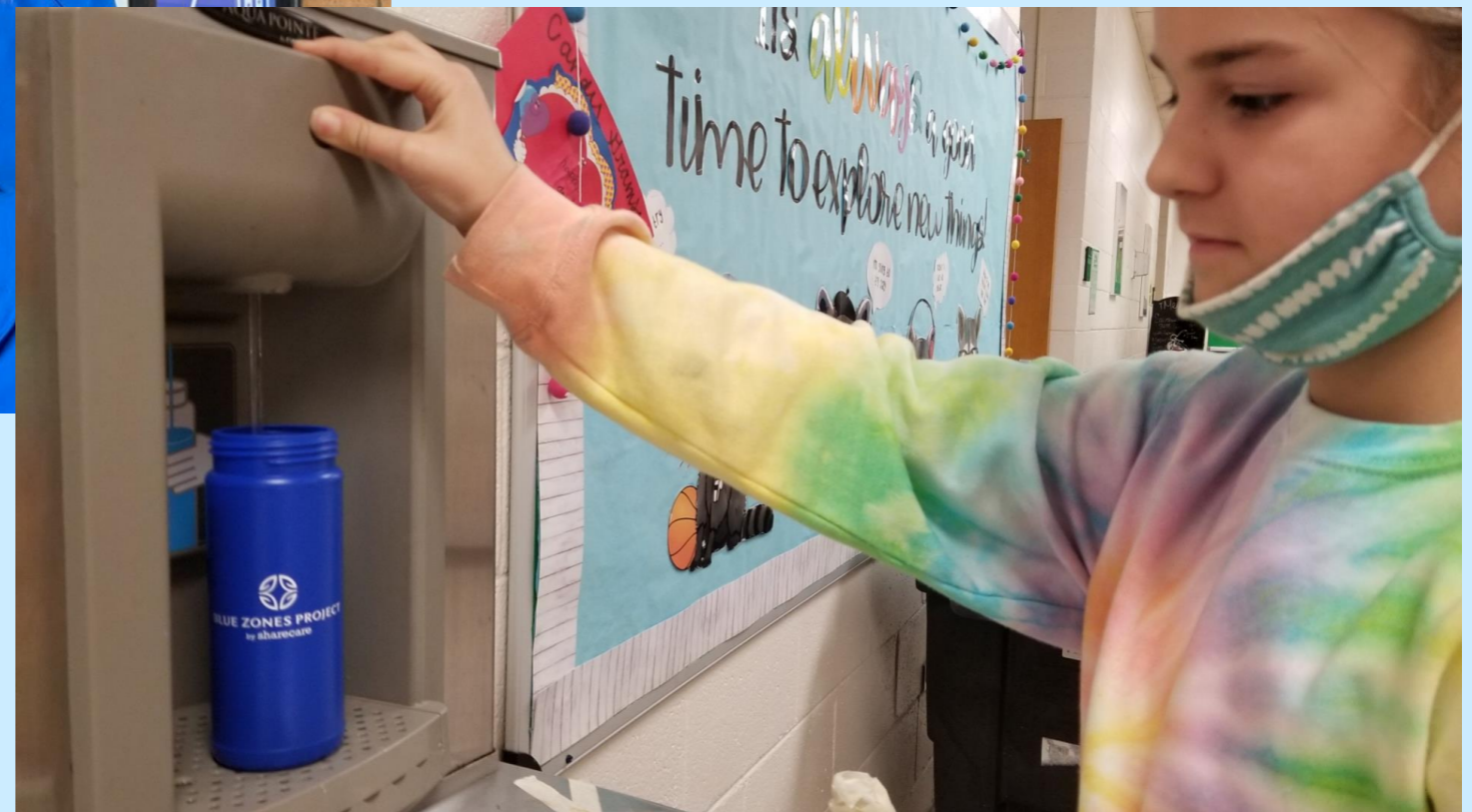
SENIOR PURPOSE WORKSHOPS



COOKING CLASS



SUPPORTING BOARD POLICIES



BENEFITS:

- **Increased attendance**
- **Improved daily performance & attention**
- **Higher test scores**
- **Improved behavior**
- **Decrease in childhood obesity**



Research-based

NOTHING TO TEACH: Simply a resource

FREE!! Thanks to our sponsor- Pisgah Health Foundation

BONUS: Everyone benefits! Students, Staff, Parents, and the entire community!

TCS Central Office



A person wearing a patterned jacket and jeans stands on a rock in front of a large waterfall. Their arms are raised in a gesture of awe or triumph. The entire scene is overlaid with a semi-transparent blue filter.

Community Approach!

“Alone, we can do so little; together, we can do so much.”

-Hellen Keller