

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



BIKE/WALK

BLUE ZONES

Residents of blue zones around the world pair healthy eating with moving. Not necessarily hitting the gym for hardcore work out, but simply moving your body with the power of your own legs by walking or biking. Take a walk after dinner, take a walk at lunch or ride to work. Click on this [link](#) to learn more.



SOCIAL CIRCLE

BLUE ZONE LIVING

Having a strong community, family and [support network](#) are part of what helps us live a long healthy life. Santa Cruz has a variety of recreational clubs and interest groups organized by and for people of all ages. Grow your circle and get active at the same time. [Click here](#) for local groups.



BLUE ZONE RECIPES

Did you know that Blue Zones have the highest number of Centenarians in the world? This is, in part, due to their diet. Check out these recipes from the various Blue Zones around the world. [Sardinia Minestrone](#), [Banana Oatmeal Cookies](#), [White Bean Hummus](#), [Savory Oatmeal](#),

Bon Appetit!

Boost Energy & Immunity w/these 13 Super “Blue” Foods.

The 13th is Goat’s Milk. I guess from a graphical design perspective, it didn’t fit so they only featured 12 of these super “blue” foods. Goat’s Milk is an important one because it has selenium and zinc which help boost immunity. To learn more about these super “blue” foods [click here](#).

Blue Zones Foods for Energy & Immunity

		
Beans	Greens	Sweet potatoes
		
Nuts	Green or herbal tea	Oats
		
Barley	Fruit	Olive oil
		
Turmeric	Garlic	Shiitake mushrooms

 BLUE ZONES® #bluezoneskitchen

“Do things that you’ve never done before.” —Lillian Modell, 100
 “My 80s were the best years of my life!” — Besse Cooper, 116

On your mark, get set, walk!

This Monday, invest in a new pair of shoes and take a step into the new week.



#HealthyMonday

MOVE IT MONDAY!

FARMER’S MARKET

Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

Downtown Market: Wednesdays

Westside Market: Saturdays

Live Oak: Sundays

Felton: Tuesdays

Scotts Valley: Saturdays

Aptos: Saturdays

Watsonville: Fridays

