



BLUE ZONES PRESENTATION

Park and Recreation Commission
September 15, 2025



BLUE ZONES[®]

live better, longer[™]



POWER 9[®]



The Original Blue Zones

Loma Linda, CA

Ikaria, Greece

Okinawa, Japan

Nicoya, Costa Rica

Sardinia, Italy



What is Blue Zones Project Riverside?



RIVERSIDE
BLUEPRINT
May 2025





People



Places



Policy



Tobacco-free Outdoor Spaces

Smoking is already banned in public parks!

Blue Zones Proposes:
updating park signage to
include vaping

Limit smoke retail outlets in
proximity to youth oriented
spaces - including parks



Festival-like Streets

Riverside Cyclovia

Events Toolkit

Establish flexible,
shared public spaces
such as schools,
parking lots, streets





Get Involved!



Volunteer with us!

Watch Live to 100:
Secrets of the Blue
Zones on Netflix!



Take the Personal Pledge!



Contact Us



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