

OUR BLUE ZONE

Did you know our bayside location can help us live better, longer?



Why do people in some communities live longer and healthier lives?

It's because these communities:

- Encourage active movement
- Support healthy eating
- Provide a sense of belonging
- Give people purpose

Such communities are called Blue Zones.

CREATING OUR BLUE ZONE

The Redlands provides a unique and natural environment.

Our location, lifestyle opportunities and access to resources, positions us to become an internationally recognised Blue Zone.

Council can seed this idea by providing the infrastructure to support community-based events, activities and local groups.

MOVING NATURALLY

Movement is the key enabler for engaging in daily life. Going about your day should include gentle, but natural movement, such as walking the dog; riding your bike to work or school; tending to your garden; or having an afternoon swim.

Doing such activity, improves health and brings people together.

Council can promote movement with sensible infrastructure, such as accessible footpaths and nature trails; bike storage racks; city-farms and community gardens; casual rest areas for people to stop and chat; kayak and boat launching areas; swimming pools/enclosures and dog parks.

EATING WISELY

Knowing where your food comes from is a core component of a healthy diet.

Funding community gardens, cooking classes, food forests, meals-on-wheels and breakfast programs, is a vital ingredient in developing a healthy community.

Sharing mealtimes with others creates conversation. Who's coming to dinner?

CONNECTING & BELONGING

Having your tribe or a sense of belonging is important.

Whether it's a sporting club, music or arts hub, social group or community hall; we all need somewhere to belong.

There are clear links between social isolation and loneliness, leading to poor health and premature death.

LIVING WITH PURPOSE

Purpose is why we get up in the morning.

Relationships with family; faith-based beliefs; or a social cause are all connections that shape our outlook on life.

People with a positive outlook tend to have stronger friendships and make you want to be around them. What's your current outlook?

LEADING THE JOURNEY

If elected as your INDEPENDENT Councillor, I'd like to work with our community to develop a strategy to lead Division 5 (and perhaps the whole of the Redlands) in becoming Australia's first, Blue Zone.

This legacy would be something all Reddy locals could be proud of.

Imagine, being part of that journey?

I AM YOUR LOUDEST VOICE



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