



Blue Zones Project

Commitment Letter

Cedar Rapids City Council

By signing below, I agree to be an actively engaged leader in the Blue Zones Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

I agree to commit to the following Roles and Responsibilities:

- Champion the effort to become a Blue Zone Community and make it a top priority of the community and my organization.
- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Review work from the Blue Zones Community leadership team and take action on recommended policies designed to support healthy behaviors.
- Participate in Blue Zones Community programs to deliver sustainable environmental changes that support healthy behaviors.

December 20, 2011
Cedar Rapids City Council

Handwritten signatures of Cedar Rapids City Council members: Ron Corbett, Don Karr, Monica Vernon, Pat Shey, Chuck Wieneke, and Justin Shields.

Mayor Ron Corbett, Council members Don Karr, Chuck Swore, Tom Podzimek, Kris Gulick, Monica Vernon, Pat Shey, Chuck Wieneke, and Justin Shields



Blue Zones Project

Commitment Letter

Cedar Rapids City Manager

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- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Review work from the Blue Zones Community leadership team and take action on recommended policies designed to support healthy behaviors.
- Participate in Blue Zones Community programs to deliver sustainable environmental changes that support healthy behaviors.

A handwritten signature in black ink, appearing to read "Jeff Pomeranz".

Jeff Pomeranz
City Manager
City of Cedar Rapids

A handwritten date "12/28/11" in black ink.

Date

Commitment Letter
FOR MAYOR, CITY COUNCIL*, CITY MANAGER AND
PUBLIC HEALTH DEPARTMENT

By signing below, I agree to be an actively engaged leader in the Blue Zones Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

I agree to commit to the following Roles and Responsibilities:

- Champion the effort to become a Blue Zones Community and make it a top priority of the community/my organization.
- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Review work from the Blue Zones Community leadership team and take action on recommended policies designed to support healthy behaviors.
- Participate in Blue Zones Community programs to deliver sustainable environmental changes that support healthy behaviors.

Stephanie Neff
(Signature)

12/16/11
(Date)

Stephanie Neff
(Print Name)

Interim Director
(Title/Position)


Linn County Public Health
(Organization)

**Commitment Letter
FOR SCHOOL SUPERINTENDENT**

By signing below, I agree to be an actively engaged leader in the Blue Zones Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

I agree to commit to the following Roles and Responsibilities:

- Champion the effort to become a Blue Zones Community and to make it a top priority of the community and my school district.
- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Review work from the Blue Zones Community leadership team and take action on recommended policy changes and programs to deliver sustainable environmental changes that support healthy behaviors.



(Signature)

1-4-12

(Date)

DAVID L. BENSON

(Print Name)

Superintendent

(Title/Position)

Cedar Rapids Schools

(Organization)

**Commitment Letter
FOR EMPLOYERS AND CHAMBER OF COMMERCE**

By signing below, I agree to be an actively engaged leader in the Blue Zones Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

I agree to commit to the following Roles and Responsibilities:

- Champion the effort to become a Blue Zones Community and to make it a top priority of the community/my organization.
- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Participate in Blue Zones Community programs to deliver sustainable environmental changes that support healthy behaviors.
- Work with Healthways and Wellmark to develop and adopt strategies to improve the Well-Being of my workforce with a goal of lower healthcare costs and improved productivity.
- Champion the effort to understand what it takes to become a Blue Zones Employer and make it a top priority of my organization.

Lee Baird
(Signature)

12-12-11
(Date)

Lee BAIRD
(Print Name)

President & CEO
(Title/Position)

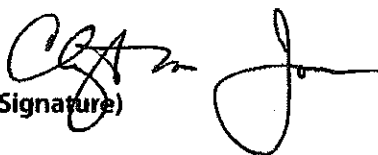
Cedar Rapids Area
(Organization)
Chamber of
Commerce

Commitment Letter
FOR EMPLOYERS AND CHAMBER OF COMMERCE

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- Support the Blue Zones Community leadership team with stakeholders from across the community who will create and implement plans that will deliver sustainable environmental changes designed to support healthy behaviors.
- Participate in Blue Zones Community programs to deliver sustainable environmental changes that support healthy behaviors.
- Work with Healthways and Wellmark to develop and adopt strategies to improve the Well-Being of my workforce with a goal of lower healthcare costs and improved productivity.
- Champion the effort to understand what it takes to become a Blue Zones Employer and make it a top priority of my organization.


(Signature)

12/22/11
(Date)

Clayton M. Jones
(Print Name)

Chairman, President & CEO
(Title/Position)

Rockwell Collins
(Organization)

Commitment Letter
FOR EMPLOYERS AND CHAMBER OF COMMERCE

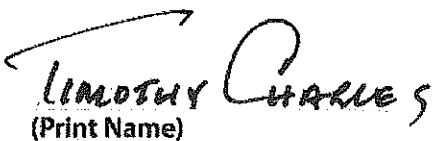
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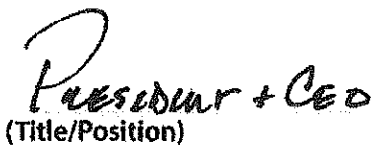
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- Work with Healthways and Wellmark to develop and adopt strategies to improve the Well-Being of my workforce with a goal of lower healthcare costs and improved productivity.
- Champion the effort to understand what it takes to become a Blue Zones Employer and make it a top priority of my organization.


(Signature)

12/21/2011
(Date)


(Print Name)


(Title/Position)


(Organization)

**Commitment Letter
FOR EMPLOYEES AND CHAMBER OF COMMERCE**

By signing below, I agree to be an actively engaged leader in the Blue Zone Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

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- Participate in the Blue Zones Community programs to deliver sustainable environmental changes to support healthy behaviors.
- Work with Healthways and Wellmark to develop and adopt strategies to improve the Well-Being of my workforce with a goal of lower healthcare costs and improved productivity.
- Champion the effort to understand what it takes to become a Blue Zones Employer and make it a top priority of my organization.


(Signature)

Dec. 4, 2011
(Date)

Ted Townsend
(Print Name)

President & CEO
(Title/ Position)

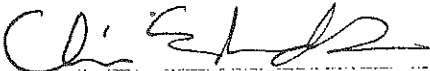
St. Luke's Hospital
(Organization)

Commitment Letter
FOR LOCAL COMMUNICATIONS OUTLETS
(NEWSPAPER, TELEVISION AND RADIO)

By signing below, I agree to be an actively engaged leader in the Blue Zones Project. I am committed to transforming my community into a place where some of the healthiest, happiest and most productive people live. I believe that becoming a Blue Zones Community will positively engage and impact my community.

I agree to champion the effort to become a Blue Zones Community and to make it a top priority of the community and my organization by providing the following:

- Endorsement of the Blue Zones Project.
- Ongoing coverage of major milestones and/or compelling human interest stories (i.e., follow transformation of a handful of towns over the course of the campaign).
- A specific reporter or team of reporters to cover the initiative.
- Dedicated space, guest columns and/or blogs regarding the Healthiest State Initiative and/or the Blue Zones Project.
- Dedicated coverage of the Gallup Healthways Well-Being Index® (daily, weekly, monthly or quarterly updates).
- Promotion of the Healthiest State Initiative and/or Blue Zones Project through my website or the www.blueszonesproject.com website.



(Signature)

1-3-12

(Date)

Chris Edwards

(Print Name)

VP of Sales & Customer Care

(Title/Position)

Source Media

(Organization)
KCRG-TV
Gazette

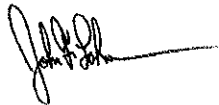
Step 2: Application

Commitment Letter
**FOR LOCAL COMMUNICATIONS OUTLETS (NEWSPAPER,
TELEVISION AND RADIO)**

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I agree to champion the effort to become a Blue Zones Community and to make it a top priority of the community and my organization by providing the following:

- Endorsement of the Blue Zones Project.
- Periodic news coverage of the Blue Zones Project.
- Time provided to the Blue Zones Project and worksite wellness on the agenda of the *Corridor Business Journal's* 2012 Health Care Summit on Feb. 10 in Cedar Rapids.
- The continued opportunity to submit guest columns regarding the Healthiest State Initiative and/or the Blue Zones Project.



(Signature)

12-29-01

(Date)

John F. Lohman
(Print Name)

President/Publisher
(Title/Position)

Corridor Business Journal
(Organization)