

LET'S GET MOVING!

Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to the environment, policy and social networks. In conjunction with the city of Fort Worth, Texas Wesleyan has committed to making these changes and becoming an approved Blue Zones worksite. As part of this commitment, the University has launched a Walking Moai's project to create social networks and promote a healthy activity into your routine.

