



COREY FERRINE

Joan Lee, left, leaves the water after a weekly water fitness class May 18 at The Carlisle Naples, a luxury retirement community.

**BLUE ZONES  
POWER 9 PRINCIPLES**

- Move naturally
- Have purpose
- Sense of belonging in a faith-based community
- Down shift
- Eat until 80 percent full
- Plant slant: Eating mostly plants and little meat
- Wine at 5: Drinking a glass a day with friends
- Put loved ones first
- Right tribe: Socializing with people who support healthy behaviors



# A LONG LIFE

■ Seniors exercise, socialize their way to age 100

**By Kelly Farrell**  
Daily News Correspondent; 239-213-5365

Aging playfully is the way to live for many near-centenarians at the Carlisle Naples.

Residents of the luxury retirement community are swimming, walking and gaming their way to longevity — modeling many of the Blue Zone's Power 9 lifestyle characteristics.

Leading the way is water fitness class instructor, 94-year-old Hanna Tillinger.

Just a few weeks ahead of National Senior Health and Fitness Day, which was Wednesday, residents and Amanda Stith, Carlisle's assistant director and activities coordinator, surprised Tillinger with a cake and a party.

"They made me a cake that said, 'Thank you for making a splash,' and we had Champagne. It's nice to be appreciated," said Tillinger, who had been teaching water fitness for more than eight years at the Carlisle.

As Tillinger gently bounced in the water on a recent morning, 14 other Carlisle residents, mostly women, followed her lead. Wheeled walkers lined the pool's edge as the women, ranging in age from 60 to 90, kept their meticulously done hair and made-up faces above the water line.

Tillinger moved from Delray Beach to Carlisle about eight years ago after her husband died because she was lonely and felt isolated, she said. Ever since, Tillinger continues bringing people together each Monday morning at the Carlisle pool.



**ABOVE:** Bernita B. Smith, center, performs tai chi Wednesday at The Carlisle Naples. Weekly tai chi is taught as a way for seniors to improve their health and increase their social connections.

**TOP:** Pat Rochelle holds her cards while playing cribbage Wednesday.