



**Healthy Gators 2010 Initiative**

200 Florida Gym  
P.O. Box 118200  
Gainesville, FL 32611- 8200  
Tel.: (352) 392-0578  
Fax: (352) 392-3186

WHAT: National Employee Health & Fitness Day  
WHEN: Wednesday, May 17, 2006  
WHERE: Living Well, UF Employee Wellness Center  
FOR: All UF faculty and staff  
CONTACT: Cassandra Howard, Director of Living Well, 392-9767

**LIVING WELL HOSTS EVENTS FOR NATIONAL EMPLOYEE HEALTH AND FITNESS DAY**

The University of Florida's Employee Wellness Center, Living Well, is hosting a series of events for National Employee Health and Fitness Day on Wednesday, May 17. Healthy Gators 2010, a campuswide initiative aimed at producing a healthier University of Florida community, is endorsing the event.

Two campus walks and free health assessments are planned. All UF faculty and staff, including those who are not current members of Living Well, are welcome to attend.

A 2-mile walk will begin at 12:15 p.m. and a 3-mile walk will start at 5:30 p.m. A Living Well instructor will lead both walks and water will be provided. Both walks will start at Living Well located on the east side of the stadium in Yon Hall.

In addition to the walks, free health screenings will take place at Living Well from 9 a.m. – 4 p.m. Blood pressure and height and weight screenings will be offered on a walk-in basis. Assessments will take no more than 5 minutes to complete.

Employees who are not able to participate in the events on May 17 can benefit from tips on stretching and other exercises to be performed at their desks. They can find these on the Healthy Gators 2010 Web site at [www.healthygators.hhp.ufl.edu](http://www.healthygators.hhp.ufl.edu).

For more information on these events, call Living Well at 392-9767 ext. 2.