



# Healthy Gators 2010

## Highlights

April 2009  
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### Lace Up Your Running Shoes & Relieve Stress!

Join the tradition of participating in the fun run – be healthy, get physical activity and take a break before finals! The 3<sup>rd</sup> Annual Midnight Fun Run will take place on campus at 11:59 p.m. on Wednesday, April 22. Participants can run a 5K or walk a one-mile route. Pre-registration runs through April 21. Participants may register at the Southwest Recreation Center or online at [Recsports.ufl.edu](http://Recsports.ufl.edu).



### Walking Gators Extends Their “Virtual” Journey!

Congratulations to the Walking Gators who achieved their original goal of walking 1,500 miles to Chicago six weeks early! They have now extended their trip 800 miles, expecting to reach New York City by May 4! Since the “virtual trip” kickoff on January 20, the group has collectively walked more than 1,600 miles on five campus routes. At their current participation level, they should arrive at the “Big Apple” in plenty of time. If you are interested in joining the “virtual trip,” visit the [Healthy Gators 2010 website](http://HealthyGators2010.ufl.edu) for more information.

### Welcome New Members to Healthy Gators 2010!

Connie Lee – Inter-Residence Hall Association (IRHA)  
Sarah Janvier – College of Nursing  
Susan Martinez – GatorWell  
Yeside Olayinka – Health Education & Behavior

### Focus on Injury/Accident Prevention!

Tina Long, from GatorWell, and Todd Morrone, from Environmental Health & Safety, are co-chairing a one-year Injury & Accident Prevention Task Force as part of the Programming & Communications Work Group. Members will create an action plan to reduce on-campus accidents and injuries among UF students, faculty and staff. If you are interested in joining, please contact Tina Long at [tinalong@ufl.edu](mailto:tinalong@ufl.edu) or call 392-6144.

### Diabetes Alert! Event Encourages People to “Know Their Numbers”

Approximately 200 participants were screened for diabetes at the Reitz Union Colonnade on March 24! Combined with the World Diabetes Day screenings in the fall, more than 700 people took advantage of these free events hosted by the UF Diabetes Center of Excellence.



### Heads UP! Safety Campaign Wraps Up!

Since July 2008, the Programming and Communications Work Group has hosted six events across campus to share the Heads UP! Stay Safe & Seen campaign messages. Approximately 700 students received information about pedestrian, bicycle, exercise and driving safety. Students also received flashing red lights to increase their visibility at night, as well as ID holders.

**Orange & Blue – A Healthy You!**  
[HealthyGators.hhp.ufl.edu](http://HealthyGators.hhp.ufl.edu)