



# Healthy Gators 2010 Highlights

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## Healthy Gators Chooses Stress

This year Healthy Gators 2010 will focus on helping UF faculty, staff and students reduce their stress levels. Throughout the year we will increase awareness on how stress influences health and offer practical tips for preventing and managing stress.

## Fall Stress Busters

**Study Skills Survival Fair**--A chance for freshmen and other students to learn about campus resources for academic success and stress management. Part of Weeks of Welcome. Friday, September 15, 11 a.m. until 2 p.m. at the Reitz Union Colonnade.

**Gators on the Go**--A free web-based exercise program that allows UF faculty, staff and students of any fitness level to track their activity level during the fall semester. Visit [www.healthygators.hhp.ufl.edu](http://www.healthygators.hhp.ufl.edu) for more details.

Mark your calendars for the **Gators on the Go kickoff event** featuring UF First Lady Chris Machen. The event will take place on Tuesday, September 26 at the Reitz Union Colonnade. Chris will lead a one-mile walk at 11:30 a.m. and give a speech at Noon. Contact Vladimir Oge at [vlad1@ufl.edu](mailto:vlad1@ufl.edu) if you intend to walk and/or are interested in working at the info table some time between 11am-2pm.

**Mindfulness-Based Stress Reduction Program**-- This eight week series begins on September 26 and teaches participants to mobilize their deep inner resources for learning, growing and healing. Open to the public. Continuing education credit is available. Register at: [www.doce-conferences.ufl.edu/Basic/192.aspx](http://www.doce-conferences.ufl.edu/Basic/192.aspx)

## Coming Soon

**Sidewalk Signs** - Soon you will see the Healthy Gators 2010 logo painted on campus sidewalks to mark different running/walking routes! Routes range from 1 to 5 miles. A map of the routes will be posted on our website by September 5th. The signs should be completed by the end of the fall semester.



## Meetings

**Steering Committee**  
Thursday, August 31  
2:00 p.m., 215 FLG

**Programming and Comm/PR  
Joint Meeting**  
Tuesday, September 12  
1:30 p.m.-3:30 p.m., 215 FLG



*Study Skills Survival Fair  
Reitz Union Colonnade, July 6, 2006.  
Over 150 students attended.*

## New Members

**Tina Baker**  
GatorWell

**Nicole Burton**  
Undergraduate Student

**Kathy Lindsey**  
Student Health Care Center

**Lou Ritz**  
Center for Spirituality and Health

**Ron Wayne**  
UF News Bureau

# Orange & Blue – A Healthy You!

[www.healthygators.hhp.ufl.edu](http://www.healthygators.hhp.ufl.edu)