



Healthy Gators 2010

Highlights

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Walking Gators Program Kicks Off On January 29

A new program for faculty, staff and students of all fitness levels begins on January 29 and consists of five walking routes around campus including the Swamp Route, Century Tower Route, Cultural Plaza Route, HSC Route and the Uphill Challenge (which goes up the hill by the Brain Institute and UPD). Each route takes approximately 20 minutes and will be led each Tuesday, Wednesday and Thursday throughout spring semester starting each day at 12:15 p.m. Mrs. Machen will kick off the program by walking the Century Tower Route leaving Library East at 12:15 p.m. Visit the Healthy Gators 2010 website for route maps and more information.

Spread the Word, Not Germs

The Cold and Flu Prevention Campaign mirror clings are being distributed in all bathrooms campus-wide. The clings display tips to eliminate the transfer of germs and promote a healthy lifestyle during the cold and flu season. If you do not see them in bathrooms in your building please contact Tina Baker at trbaker@ufl.edu or 392-6144.

UF Student Health Survey

The UF student health survey will be sent to 8,000 students in February and data will be analyzed in March.

Get Healthy in March with National Nutrition Month

Healthy Gators 2010, GatorWell and other groups are working together on events throughout the month of March to promote nutrition and healthy choices across campus. If you are interested in helping plan events, contact Janis Mena at 392-1161 ext. 4281 or jhmena@ufl.edu.

Welcome New Members to Healthy Gators 2010!

Anna Prizzia-Taylor – Office of Sustainability
Catrina Liott – GatorWell Intern
DeDee DeLongpre-Johnston – Office of Sustainability
Joseph Plaza – GatorWell Intern
Judith Russell – University Libraries
Taylor Bennett – GatorWell Intern
William Flanagan – University of Florida Foundation

The Great Gator Smokeout Put a Chomp on Tobacco

Thank you to everyone who contributed to making the Great Gator Smokeout a success! Mrs. Machen delivered a speech encouraging everyone to become members of the Tobacco-Free Nation, and Albert & Alberta were there to support the cause. Visit the photo gallery on the Healthy Gators 2010 website for a slideshow of the event.



Midnight Run Set For April 24

RecSports will take the lead role in organizing the Healthy Gators 2010 2nd annual Stomp Out Stress Midnight Fun Run! Mark your calendars and start spreading the word! If you're interested in helping with the run or would like more information, contact Darcie Burde at 392-0581 ext. 222 or DarcieB@recsports.ufl.edu.

Orange & Blue – A Healthy You!

HealthyGators.hhp.ufl.edu