



Healthy Gators 2010

Highlights

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Journey to Chicago with the Walking Gators!

The Walking Gators are taking a “virtual trip” to Chicago this semester beginning Tuesday, January 20. Route captains and leaders are encouraging faculty, staff and students to collectively walk approximately 1,500 miles, reaching Chicago by Thursday, April 30. Take a 20-minute break and walk on one of the five campus routes every Tuesday, Wednesday and Thursday.



Monthly drawings for gift certificates to local restaurants will occur throughout spring semester! The more you walk, the better your chances of winning! For route maps and more information about the virtual trip, please visit www.HealthyGators.hhp.ufl.edu or contact Cassie Howard at choward@hhp.ufl.edu or 392-9767, ext. 1.

Employee Health Survey Moves Forward

The Data Collection and Analysis Work Group is making progress on an employee health survey. The group plans to conduct the survey by the end of spring semester. Stay tuned for more details or contact Shirley Haberman at shirleyh@ufl.edu or 392-1161, ext. 4281 for more information.

Learn to Save a Life in Less than 30 Minutes!

All UF employees, staff and students are encouraged to learn the basic skills of adult and infant CPR with the fast and easy CPR Anytime Lunch & Learn workshops offered by the Student Health Care Center. Classes are offered throughout the spring semester at Yon Hall, or can be held onsite for groups of 10 or more. For more information, visit www.shcc.ufl.edu/cpr or call 392-1161, ext. 4283.

Support Breast Cancer Awareness

Participate in the 1st Annual NuNu 5K Race/Walk benefitting the Triple Negative Breast Cancer Research Foundation on Saturday, Jan. 24 at 8:30 a.m. at UF's Pony Field. Pre-registration is open on active.com through January 17, or registration is available the day of the race.

Stay Safe & Protected on Campus

The Programming & Communications Work Group will participate in the 1st Annual Get Covered Gators Prevention Fair hosted by Student Government's Health Insurance Board on Wednesday, Feb. 11 from 11 a.m. to 2 p.m. at the Reitz Union Colonnade. Healthy Gators 2010's focus will be the Heads UP! Stay Safe & Seen campaign, focusing on exercise and helmet safety.

Join the Tradition!

The Healthy Gators 2010 3rd Annual Midnight Fun Run is set for Wednesday night, April 22. Mark your calendars and start spreading the word! Stayed tuned to the Healthy Gators 2010 website for registration information.



Orange & Blue – A Healthy You!

HealthyGators.hhp.ufl.edu