



Healthy Gators 2010 Highlights

March 2007
Volume 2 - Issue 2

Coalition Meetings

Steering Committee

Tuesday, April 10 -- 1:30-3:00 p.m., Room 215 FLG

Joint Programming & Comm/PR Meeting

Tuesday, April 17 -- 3:00-4:00 p.m., Room 215 FLG

Our Website Gets an Extreme Makeover

The **Comm/PR Work Group's** vision for the HG 2010 website is a one-stop site for campus health resources. Although we have recently added many new resources and services, we need your help to assure we didn't miss any. Please take a look to see the exciting new changes and let us know of anything we overlooked. Contact Jane Emmerée at emmerée@ufl.edu or 392-1161 ext. 4282.

Under Construction

The **Programming Work Group** is currently working on two on-line educational activities:

An **8-minute Guided Relaxation Exercise** featuring beautiful photographs of the lovely UF campus. Take a break at your computer station or download to your I-Pod to chill out anywhere and anytime.

Sleeping in the Swamp is a 20-minute, online presentation to help freshmen (or anyone!) get better quality sleep. It's based on an intervention proven effective among college students. Look for it to be posted by Summer B.

Contact Cher Harris at ctharris@hnp.ufl.edu or 392-0578 ext. 1279 for more information or suggestions.

Policy Work Group Update

After reviewing smoking and alcohol policies on campus, the Policy Work Group is now reviewing campus nutrition policies. Send ideas and comments to Phil Barkley, pbarkley@ufl.edu or 392-1161 ext. 4220.

Stomp Out Stress Midnight Fun Run

Work off your stress with fun, exercise and friends on **Thursday, April 26**. You can run, walk or jog 1.5 or 3 miles. The run follows one of the new campus activity routes.



On-site registration begins at 11 p.m. and the run starts at midnight. A late night breakfast will follow the run.

Visit our website for more details and pre-registration information.

Orange & Blue – A Healthy You!

www.healthygators.hnp.ufl.edu