



Healthy Gators 2010 Highlights

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Get the Facts at National Nutrition Month®

This year's National Nutrition Month theme is "Nutrition: It's a Matter of Fact." GatorWell, Healthy Gators 2010 and other campus groups are focusing on the importance of fruits and vegetables and facts about portion sizes.



Events will occur throughout March across campus including the kick off event on Monday, March 3. "Nutri-Games" will take place from 6:30 p.m. to 10:30 p.m. at the Orange and Brew. A calendar of events is posted on the Healthy Gators 2010 website. Contact Janis Mena at 392-1161 x 4281 for more information.

Dr. Jean Kilbourne Presents "Slim Hopes: Advertising & the Obsession with Thinness"

National Nutrition Month is showcasing nationally-renowned speaker Dr. Jean Kilbourne. She will focus on body image and the effects of advertising on the obsession with thinness in our society. The event will take place on Monday, March 24 at 7:30 p.m. in the Reitz Union Grand Ballroom.

UF Student Health Statistics Coming Soon!

Over 2,300 UF students have completed the first Healthy Gators Student Survey, developed by the Data Collection & Analysis Work Group. This random survey focuses on over 20 different health topics. The deadline is March 7. Results will be used to guide coalition priorities and programming. Contact Shirley Haberman at 392-1161 ext. 4281 or shirleyh@ufl.edu for more information.

Gear Up for the Second Annual 5K Midnight Fun Run – April 24

Last year nearly 400 people participated in this one-of-a-kind campus event! This year's run is going to be even better with more food & fun. Check out the Healthy Gators 2010 website after spring break for all the details including pre-registration information.

Walking Gators Participants Reach 1,000 Miles!

Approximately 200 people participated in the Walking Gators kick off event on Tuesday, January 29 including Chris Machen and over 80 other people who walked the Century Tower Route.

During the program's first four weeks, participants have collectively walked 1,100 miles on the six routes throughout campus. Many thanks to the route captains for all of their hard work: Rita Smith, Sharon Blansett, Marty Werts, Shirley Haberman, Cassie Howard, Stephanie Bateman, and Penny Canino!



Chris Machen & Jill Varnes at the Walking Gators kick off event.

Orange & Blue – A Healthy You!
HealthyGators.hhp.ufl.edu