



Healthy Gators 2010 Highlights

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Work Group Updates

As we head into the hot days of summer, we wanted to give you advance notice of some Healthy Gators Projects that will be taking place in the next few weeks and months.

Programming Work Group Projects

National Employee Health and Fitness Day Wednesday, May 17

Join Living Well and Healthy Gators 2010 in celebrating National Employee Health and Fitness Day. A variety of events will be taking place.

First, exercise and enjoy nature with an instructor-led walk around campus. Water will be provided. Meet at Living Well – on the east side of the stadium in Yon Hall

- 2 mile walk beginning at 12:15 p.m.
- 3 mile walk beginning at 5:30 p.m.

Living Well will also be providing blood pressure screening and height and weight on a walk-in basis from 9:00 a.m. - 4:00 p.m.

- All UF faculty and staff are welcome to attend. For more information call Living Well at 392-9767 ext. 2.
- Many thanks to Cassie Howard, Director of Living Well for hosting this event.

Photo Project Information

Healthy Gators 2010 is sponsoring a photo project that encourages all faculty, staff and students to submit photographs of what they feel represent a Healthy Gator and/or a Healthy Campus.

- These photos will be used in the future to further the mission of Healthy Gators 2010. All faculty, staff and students are encouraged to participate.
- Details will be posted on our website by the end of May

Plan to attend the next

Steering Committee Meeting on Stress Management

This working meeting is open to all coalition members and UF students, faculty and staff.

Thursday, May 25 2:00-4:30 p.m. Betty Stevens Reading Rm. (Room 240, Florida Gym)

Henrietta Logan, Jane Emmerée, and Allen and Myrna Neims will provide an update on two key components of stress (support and control), present evidence-based stress management interventions, and solicit specific recommendations from audience members to give to the programming work group to prioritize and put into action next academic year. Please invite other interested colleagues and students.

RSVP to Jane Emmerée (emmeree@ufl.edu, 392-1161 ext. 4282) by Monday, May 22 if you plan to attend so we can plan accordingly.

at www.healthygators.hhp.ufl.edu. Contact Jane Emmerée at emmeree@ufl.edu or at 392-1161 ext. 4281 for more information.

Communications/Public Relations

Defining Health at UF Survey

The Comm/PR work group is collecting ideas from faculty, staff and students about what makes a person healthy and also what makes a campus healthy. Results will be used for future health communication and marketing efforts.

- A link to a brief on-line survey will be emailed to all Healthy Gator coalition members by the end of May along with a file to print hard copies of the survey.
- We would like each coalition member to solicit 3-5 surveys from members of the UF community.
- Jane Emmerée will send you more details by June 1.

Orange & Blue -A Healthy You

www.healthygators.hhp.ufl.edu

