



Healthy Gators 2010

Highlights

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Celebrate World Diabetes Day at UF!

On November 14, UF will become the first campus in the U.S. to light monuments blue in honor of World Diabetes Day. Events will be held across campus including a lighting ceremony at Century Tower; free diabetes screenings at the Shands Atrium, Reitz Union Colonnade and Living Well; and a banquet for UF students with diabetes. Self-screening kits will also be available at all events to take home to family and friends. Event details are posted on the Healthy Gators 2010 website or you may call 265-0111.



Student Health Survey Yields Valuable Results

How many UF students text while driving? How many eat the recommended servings of fruits and veggies? Answers to these questions and more are available in the Healthy Gators Student Survey report, posted on the Healthy Gators 2010 website. Shirley Haberman, chair of the Data Collection and Analysis Work Group, is available to share the results at departmental meetings or in classrooms. Please contact her at shirleyh@ufl.edu or 392-1161 ext. 4281 for more information.

Spice Up Your Lunch Hour with a Lunch-and-Learn

All UF employees have the opportunity to add some zest to their department's lunch hour with a Healthy Living Lunch-and-Learn session provided by Living Well. Participants can choose from various topics including Healthy Living, Stress Management, Fitness, Weight Loss Do's and Don'ts, Office Exercises and Stretches and many more! Please contact Cassie Howard at choward@hhp.ufl.edu or call 392-9767 ext. 1 for more information and to schedule a program!

Welcome New Members to Healthy Gators 2010!

Anne Mathews – Food Science and Human Nutrition
Diane Sylofski – RecSports
Michelle Smith – Food Science and Human Nutrition

Quit Smoking Services Offered Year-Round

Did you know that the majority of UF students who smoke want to quit? Thursday, November 20 is the American Cancer Society's annual Great American Smokeout. The event challenges people to stop using tobacco and raises awareness of effective ways to quit smoking for good. Help is also available for UF employees and students year-round at the Student Health Care Center. For a limited time, smokers can save hundreds of dollars on discounted medication thanks to funding from the Florida Department of Health and the UF Area Health Education Center. Call 392-1161 ext. 4281 for more information.

Gear Up for the Turkey Trot Fun Run

On Sunday, November 9 the UF Student Physical Therapy Association will host its 6th Annual Turkey Trot 5K Fun Run. The run will begin at 8 a.m. at the North/South Commuter Lot on Gale Lemerand Drive. Interested participants may pre-register online at www.active.com or on-site the day of the run.



Better Sleep Habits Contribute to Better Academic Performance

Want more A's? Get more ZZZ's! Sleeping in the Swamp, a 15-minute, on-line program, offers viewers the opportunity to learn strategies of getting a good night's sleep. View the program on the Healthy Gators 2010 website and get better ZZZ's at night!

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