



Healthy Gators 2010 Highlights

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Wanted: Programming Work Group Chair

Vladimir Oge has left UF to become a Ramblin' Wreck from Georgia Tech as their new Director of Health Promotion Services. We wish him the best, though we will all miss him and his contributions to the coalition.

Vlad's move means we need to appoint a **new Programming Work Group Chair**. This is an involved position, so whoever takes on this job will need the full support of their supervisor and time to devote to these responsibilities. Good organizational skills are key and access to student help is beneficial. The Programming Work Group works closely with the Comm/PR Work Group.

If you are interested or know someone who may be interested, please contact Dr. Varnes at jvarnes@hhp.ufl.edu by Oct. 25. A new chair for this group will be appointed by early November.

Fall Stress Busters

Gators on the Go Kickoff – More than 100 people participated in the Gators on the Go kickoff on Sept. 26. Visit our website to see a brief slide show of the event— www.healthygators.hhp.ufl.edu or go to <http://news.ufl.edu/wp-content/insideuf/20061017.pdf> to read a story in the Oct. 17 issue of InsideUF.

Sidewalk Signs – Watch for new Healthy Gators 2010 sidewalk signs marking one of five activity routes ranging from 1 to 5 miles. All routes should be completed by the end of the fall semester. A map of the routes is available on our website.

Coming Soon

What's next for stress reduction efforts? – The Programming Work Group is developing a stress reduction/stress management plan. Currently they are exploring the following ideas:

- A list-serve with weekly tips and stretching exercises
- A website with stress assessments linked to UF resources
- Stress impact presentations
- Addressing the needs of our Physical Plant Employees.

Contact Jane Emmerée at emmeree@ufl.edu with ideas or if you would like to work on any of these projects.

Meetings

Steering Committee

Tuesday, November 28
2:00-3:30 p.m., Room 215 FLG

Programming and Comm/PR Joint Meetings

Monday, November 13 and
Monday, December 4
1:00 - 2:30 p.m.
Room 1213 Weimer Hall



Mrs. Machen leads more than 100 walkers at the Gators on the Go kickoff event, September 26, 2006. (Photo: Chen Wang, Journalism student)

New Members

Donna Burch

University of Florida Foundation, Inc.

Matt Colman & Rachel Longfors
GatorWell

Nicole Cano

Undergraduate Student, Health Education
and Behavior

Orange & Blue – A Healthy You!

www.healthygators.hhp.ufl.edu