



Healthy Gators 2010

Highlights

October 2009
Volume 4 – Issue 4

Wear Your Best Costume to the Trick or Trot 5k Run/1 Mile Walk Saturday, Oct. 24

The event begins at the Hull Road parking lot across from the SW Rec Center. There will be awards, massages, a scavenger hunt, Halloween treats and more. Proceeds benefit the UF Rehabilitation Education and Community Health (REACH) Service Learning Program. To register or for more information look for the event on Active.com or visit the Healthy Gators 2010 website calendar.

Join Weight Watchers at Work

There has never been a better time to experience the convenience, support and motivation of Weight Watchers meetings right at your workplace.

The group meets every Thursday at 12:30 p.m. in the Florida Gym, Room 240. For more information, contact Terri Tuttle at 275-1211 or terri@winningoutcomes.com

Over 50% Complete Healthy Gators Employee Survey

The HG 2010 Data Collection Work Group administered a comprehensive health survey to approximately 2,400 randomly selected UF employees in September. Over 1,300 employees completed the survey. Findings will help to identify key health issues for UF employees.

November is Diabetes Awareness Month

The UF Diabetes Center of Excellence is sponsoring Diabetes Awareness Month and World Diabetes Day.

Nov. 10 Free diabetes screening at the Reitz Union Colonnade, 10 a.m. – 2 p.m. No appointment required.

Nov. 12 Free diabetes screening at Shands at UF Atrium, 10 a.m. – 2 p.m. No appointment required.

Nov. 13 Free Type 1 diabetes screening, 1:30 – 5:30 p.m. Children's Medical Services- Bldg A. Call 334-1358 to schedule an appointment.

Nov. 13 Lighting Ceremony at Century Tower, 5:30 p.m.

More details about these events and a complete list of programs are available at www.diabetes.ufl.edu.



New Campaign Helps Freshmen Stay Healthy During Midterms and Finals

On Oct. 12, "Start FRESH, Man!" rolled out its third message about cold and flu prevention to help freshmen stay healthy during a crucial point in the semester—midterms!

In the next few weeks, coalition members will hand out mirror clings, hand sanitizers and information on how to avoid the flu.

Students can also visit the HG 2010 website for tools and local resources on how to prevent, detect and treat the flu.

Orange & Blue – A Healthy You!

HealthyGators.hhp.ufl.edu