



Healthy Gators 2010 Highlights

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Komen On The Go™ Arrives on Monday, September 24

The Student Health Care Center and Healthy Gators 2010 are co-sponsoring Komen on the Go™, an outreach program to engage university communities in the fight against breast cancer. Chris Machen will participate in the event on behalf of HG 2010 between 11:30 a.m. and 1:30 p.m. Check our website for more information.

Policy Work Group Promotes Lower Prices

Congratulations to the Policy Work Group their recommendation to hold down the prices of noncarbonated beverages in campus vending machines. The group will continue its work with food vendors on campus to offer healthier food choices across campus.

Cold and Flu Campaign for Fall 2007-2008

Healthy Gators 2010 and the Student Health Care Center have teamed up to teach people to ward off the flu this fall. The new campaign will focus on self-care, stress management and ways to prevent spreading the flu virus. Stay tuned for more information.

Data Collection Work Group Moves Forward with Survey

The Data Collection & Analysis Work Group will conduct a comprehensive health survey of UF students this spring. Content experts have reviewed survey items and details are being worked out to pilot test the survey this fall.

Welcome New Members to Healthy Gators 2010!

Anne Kendall – Dept. of Food Science & Human Nutrition
Becky Hyde – UF Contracts & Grants
Christopher Raye – Dept. of Psychology
Darcie Lee – RecSports
Jamie Irvine – Dept. of Food Science & Human Nutrition
Jay Stein – Center for Health and the Built Environment
Jennifer Goetz – Student Government Health Cabinet
Marsha Mott – Shands HealthCare
Nikki Farides – Dept. Health Education & Behavior
Rachel Inman – Frederic G. Levin College of Law
Rohan Jairam – Dept. of Health Education & Behavior
Sasha Lopez – GatorWell
Shanley Frey – GatorWell
Sonya Allen – UF Foundation, Inc.
Yanmei Zhang – Dept. of Housing and Residence Education

“Sleeping in the Swamp” promoted across campus

Our on-line sleep improvement program is up and running on the Healthy Gators 2010 website. Please spread the word for students to check it out. Since July, over 400 students participated in three health fairs to promote this program!



Sasha Lopez, Healthy Gators 2010 Public Relations Assistant, and a UF student at the Sleeping in the Swamp event at Graham Gallery on August 30.

The Walking Bus Takes Strides Towards Kickoff

Nearly 20 people from all over campus are making plans for the “Walking Bus” program which will kickoff on January 16, 2008. Routes are being identified campuswide, and leaders and captains are being selected for the various routes. Please contact Cassie Howard if you are interested in being a part of this worthwhile program
choward@hph.ufl.edu.

Orange & Blue – A Healthy You!

www.healthygators.hph.ufl.edu