



# Healthy Gators 2010

## Highlights

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### Kick Off the Fall Season with Walking Gators!

The lunch hour walking program will kick off the fall semester on Tuesday, October 7 with six routes located throughout campus. Get some fresh air and exercise every Tuesday, Wednesday and Thursday throughout the fall and spring semesters! Since the program began in January, over 2,600 collective miles have been walked! Visit the Healthy Gators 2010 website for details and information regarding new routes and new starting times.

### Tower Will Shine Blue on World Diabetes Day!

The Diabetes Center for Excellence at UF, Healthy Gators 2010 and other partners have teamed up to raise awareness about this widespread disease. At 5:30 p.m. on Friday, November 14 the Century Tower will be lit blue as part of the worldwide tradition of lighting famous monuments in honor of this event. Free diabetes screenings will be provided at various locations across campus and informational kits will be provided to take home to family and friends. For more information about this campaign, please contact Kathryn Parker at [kathrynparker331@aol.com](mailto:kathrynparker331@aol.com).



### The Student Health Survey Results are In!

The Data Work Group has completed the survey and the findings are posted on our website! Members of the UF community can now request the survey's data set to assist them with scholarly endeavors, classroom assignments and future research. For more information please visit our homepage!

### Welcome New Members to Healthy Gators 2010!

Ashley Ramon – Applied Physiology & Kinesiology  
Jacki Paul – RecSports  
Naomi Kwiatkouski – UF Foundation  
Pamela Shamel – WUFT-TV/DT  
Ruth Steiner – Center for Health & the Built Environment  
Sherry Benton – University Counseling Center

### Influenza Campaign Begins October 20

Starting Monday, October 20, students, faculty & staff can come to the Student Health Care Center for a flu shot Monday-Friday from 8:00–11:30 a.m. or 1:00–4:00 p.m. Outreach clinics are also scheduled. Details are posted on the SHCC website under the Medical Services link or call 392-1161. Cost is \$5 for students and \$25 for faculty & staff.

### One Less Car Day Focuses on Campus Sustainability

Healthy Gators 2010 is collaborating with the Office of Sustainability on their One Less Car campaign.

October 16 – Alternative Transportation Fair at the Reitz Union Colonnade, 11:00 a.m. - 4:00 p.m.

October 17 – One Less Car Day! Leave your car at home and use alternative transportation to travel to campus. For more information about the campaign, visit [www.sustainable.ufl.edu/onelesscar](http://www.sustainable.ufl.edu/onelesscar).



### Just4U® Tracks Healthy Eating On-Campus!

Good nutrition is essential for good health! Healthy Gators 2010 endorses Just4U, a program to help students practice a healthier lifestyle by identifying 'better-for-you' menu selections at the Fresh Food Company at Broward Dining Hall. For more information visit the Nutrition page on the Healthy Gators 2010 website.

## Orange & Blue – A Healthy You!

[HealthyGators.hhp.ufl.edu](http://HealthyGators.hhp.ufl.edu)