



# Healthy Gators 2010

## Highlights

September 2009  
Volume 4 – Issue 3

### Walking Gators Kicks Off "Virtual" Journey from The Big Apple to The Swamp on Sept. 29

In spring 2009, Walking Gators' participants collectively walked more than 2,400 miles on a virtual trip from Gainesville to New York City.

Starting Tuesday, Sept. 29, participants will return to The Swamp by virtually traveling 1,133 miles on one of five campus routes. Participants will get a free water bottle or towel! Route maps, starting times and kickoff details are posted on the Healthy Gators 2010 website.



### UF & Shands Approves Tobacco-Free Recommendation

On November 1, Shands HealthCare and the Health Science Center will become tobacco-free, and the whole UF campus will follow July 1, 2010. Recommendations to go tobacco-free were submitted to President Machen by the Healthy Gators 2010 coalition in September 2008.

**A special thanks to Tobacco Task Force members.** For more information visit the Tobacco-Free Together website.

### Healthy Gators Employee Survey

The HG 2010 Data Collection Group plans to administer a comprehensive health survey to 2,500 UF employees this month. Findings will help to identify key health issues for UF employees.

### Upcoming Events

Sept. 22— "Start Fresh, Man!" Pajama Party at Jennings  
Sept. 29—Walking Gators Kick Off Event  
Nov. 10-13—World Diabetes Day Events

**if I only KNEW...** studying a couple of hours most days would have avoided major stress during midterms!

Ashley  
Class of 2012

**Start FRESH, man!**  
Helping Freshmen Make the Grade

HealthyGators.hhp.ufl.edu

### New Campaign Helps Freshmen Make the Grade

On September 2, Healthy Gators 2010 launched its "Start Fresh, Man!" to help freshmen stay healthy and do their best during their first semester at UF.

The campaign includes events, online tools and programs about health habits that are linked to academic success including study skills, time management, sleep, and cold & flu prevention.

The phrase "If I Only Knew" is used to draw freshmen's attention to information that upperclassmen wish they would have known when they first started at UF. Learn more on the Healthy Gators 2010 website.

**Orange & Blue – A Healthy You!**  
[HealthyGators.hhp.ufl.edu](http://HealthyGators.hhp.ufl.edu)