



The Walking Gators Program

Frequently Asked Questions

1. What is the Walking Gators program?

Walking Gators is an exercise program for faculty, staff and students organized by Healthy Gators 2010. It takes place over the lunch hour on a variety of routes around campus.

2. What is the purpose of this program?

To provide the opportunity for individuals of all fitness levels to de-stress during the work day, meet new people and get some fresh air and exercise through moderate walking.

3. Why did Healthy Gators 2010 organize the Walking Gators program?

It addresses two Healthy Gators 2010 priorities: reducing stress and increasing physical activity.

4. What is Healthy Gators 2010?

Healthy Gators 2010 is a coalition of students, faculty and staff from over 40 UF colleges, departments and organizations who are working together to promote a healthier campus. The coalition is dedicated to promoting a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the University of Florida community.

5. When and where are the walks?

Six routes have been established around campus. All routes take place over the lunch hour on Tuesdays, Wednesdays and Thursdays from designated starting locations. ***For starting locations and pick-up points, visit the Healthy Gators 2010 Web site for up-to-date route maps.*** All routes have pick-up points along the way, so you can go to a route's starting point or join the group of walkers at a pick-up point at the designated time listed on each route map. You must be prompt because the group will not stop to wait beyond the time listed.

6. How will I recognize the group of walkers if I want to join them at a pick-up point?

The route leader(s) will be wearing an orange T-shirt.

7. How long are the walking routes?

All routes take approximately 15–20 minutes when walking at a moderate pace.

8. Are walks ever cancelled?

All route walks will be cancelled if its 40 degrees or colder, or if it's raining at the start time of the walk.

9. When does the program begin and how long will it continue?

This free program began in January 2008 and will continue during fall 2009. Many routes are suspended over the summer; however, check the website for up-to-date information.

10. How can I get involved?

Registration is NOT necessary. Just go to any route's starting location or any pick-up point at the designated time. If you are interested in being a route leader, contact the captain listed on the route map, which is on the Healthy Gators 2010 website.

11. What if I don't have a route near my building?

Healthy Gators 2010 welcomes ideas for new routes. Contact Dr. Jane Emmeree at Emmeree@ufl.edu or 392-1161 ext. 4281.

Visit the Healthy Gators 2010 website for up-to-date route maps and information!

**There are potential risks associated with participation in any exercise program. You are advised and encouraged to consult with your personal physician before engaging in this activity.