

Each quarter of 2019, the UF and UF Health Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter's focus is on **physical activity, weight loss and weight management.**

Get Up and Go!



Wellness Wednesdays



Bring your lunch to the UF HR Building (903 West University Ave.) or join us online the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts.

To register, login to myTraining.hr.ufl.edu and search for "Wellness Wednesday."

To sign up for the live stream, email hws-wellness@ufl.edu.

■ January 9 | Can Lifestyle Changes Promote Healthy Aging?

Steve Anton, Ph.D., Associate Professor & Clinical Research Division Chief from the Department of Aging and Geriatric Research

■ February 6 | Life's Simple 7

Yusuf Al-Wadei, MPH, Health Promotion Specialist from WorkLife and Communication in UF Human Resources

■ March 6 | Paradigm Shift: From Brain Disorders to Brain Health

Demetrius M. Maraganore, M.D., BJ and Eve Wilder Professor of Alzheimer's Disease from the Department of Neurology



2019 COUCH TO 5K PROGRAM | Starts January 14

Want to get into a running routine in 2019, but you aren't sure where to start? Have you struggled with sticking to a running plan, or had difficulty with running in general? Join the 12-week Couch to 5k program! Starting in January, this program will include a complete training plan, weekly motivational emails with tips, group fun runs on campus, and more! Visit GatorCare.org/c25k to learn more and sign up!



THE WONDERFUL WORLD OF CHOCOLATE: AN EDUCATIONAL CHOCOLATE TASTING EVENT | February 8

Do you ever feel overwhelmed by the variety of chocolate in the grocery aisles? Are you curious how some of the exotic bars or different cocoa percentages taste? Are you looking for a quality chocolate treat for your sweetheart this Valentine's day? Join GatorCare's dietitian and a team of self-proclaimed chocolate enthusiasts for an educational and explorative chocolate adventure! **We will discuss the nutritional benefits, flavor profiles and ideal pairings of a variety of chocolates, just in time for Valentine's Day!** The event will take place on February 8. More information will be released to the listserv in January.



SPRING WALKING CHALLENGE | Registration opens March 11

Form a team of four to twenty employees. Designate a team captain. Give yourselves a creative name. Decide which division your team will compete in (divisions range from light to ultra competitive), then get moving! **The challenge will run for six weeks and we will be using the Walker Tracker platform again.** Walker Tracker syncs with most devices, including phone apps, so no pedometer is necessary! **Registration opens Monday, March 11 and the challenge begins Monday, April 1. More information and registration details will be released to the wellness email list in March. Stay tuned!**



GROUP HEALTH COACHING NOW AVAILABLE!

Do you have a group of 4 to 12 coworkers or friends who would like to participate in a three month health coaching series to help you stay accountable, get advice and support, and be successful with your goals? Let us know! A wellness staff member will come to your department to conduct three group health coaching sessions, one month apart. The first session will help participants develop healthy and realistic goals. Subsequent sessions will check in on those goals and create an environment for sharing and support. Your group does not need to pick one goal to work on; we encourage participants to develop and work towards their own personalized goals. Must have at least four committed participants and a space available once per month for group sessions. **Sign up [here](#).**

HEALTHY POTLUCK CHALLENGE | Starts March 11

March is National Nutrition Month!

We challenge you and your department to host a healthy potluck.

National Nutrition Month is celebrated every March to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. For this challenge, your department will pick one of the themes provided and host a potluck between the dates of March 11 and March 22. Submit a picture of your team's potluck to be entered into a drawing for a grocery gift card to help sponsor your next potluck! Bonus! Vote on your group's favorite dishes and submit the recipes for one extra entry into the drawing! All recipes will be shared afterwards. *More details will be released to the listserv in March.*



Group Fitness Classes, Ongoing

■ TURBO FITNESS

30-minute circuit training class at UF Health Shands Fitness and Wellness Center. Classes begin at 11:00 a.m. and run every half-hour until 2:00 p.m., Monday through Friday. \$35 per month, no initiation fee and no contract. **For more information, visit Fitness.UFHealth.org.**

■ ZUMBA, free

- **Mondays (Mixture of Strong by Zumba, traditional Zumba, and Pound Fitness),** 5:20-6:20 p.m. Cancer and Genetics Research Complex, Room 451, 2033 Mowry Road
- **Thursdays,** 5:20-6:20 p.m. Cancer and Genetics Research Complex, Room 451, 2033 Mowry Road

■ YOGA, free

- **Tuesdays,** 12:15-1:00 p.m., Ustler Hall Atrium, 162 Fletcher Drive
- **Tuesdays,** 5:30-6:30 p.m., Cancer & Genetics Research Complex, Room 451, 2033 Mowry Road

BONUS!

Two of the Tuesday night yoga classes (January 8 and March 12) will be held at the Florida Museum of Natural History, in the Thompson Gallery, amongst the butterflies and moths!

■ OUTDOOR FITNESS ADVENTURE, free

- **Wednesdays,** 5:30 p.m., 30-45 minutes long, meet outside Gate 18 of the stadium

For more information and updated schedules, visit the [GatorCare calendar at GatorCare.org/wellness/calendar/](https://GatorCare.org/wellness/calendar/)

Sign up for the [Wellness Email List](#) to stay up to date.

Email HRS-WELLNESS@UFL.EDU