

Healthy@Home

Well@Work

Each quarter of 2019, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on creating healthy habits both at home and at work.



WELLNESS Wednesday

Join us on 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 mytraining.hr.ufl.edu.**

- **July 3 | Announcing the Department Wellness Fund**
Morgan Papworth, GatorCare Wellness Manager & Yusof Al-Wadei, Health Promotion Specialist UFHR
- **August 7 | Summer at the Library: Participate, Connect, Discover**
Patricia Carr, Alachua County Library District
- **September 4 | Rolling into the Office: Cycle Commuting at UF**
Jacob Adams, UF Campus Bicycle Program Coordinator, Office of Sustainability

Department Wellness Funds

Applications open July The Department Wellness Fund (DWF) is a grant-like initiative sponsored by GatorCare that makes funds available to UF and UF Health departments to support health and wellness initiatives. Department Wellness Funds provide opportunities for departments to develop creative and tailored wellness initiatives in partnership with the wellness team. As we strive to create and maintain a culture of health at UF and UF Health, we encourage you to apply for one of ten awards of up to \$500 to promote wellness in your department. **DWF applications open July 1 and will close August 30.** Awards will be granted in September. **More information can be found at gatorcare.org/dwf.**

Healthy Burger Challenge

Starts July 1 Love burgers? So does GatorCare! We are challenging you to get creative in the kitchen and submit your favorite healthy burger recipe! Show us how you do a healthy, tasty hamburger and get entered to win a prize and bragging rights. **The challenge starts July 1, and submissions are due July 31.** Educational videos and challenge details will be released to the Wellness Newsletter in July. *Stay tuned!*



HEALTHY BURGER
CHALLENGE



2019 Plank and Drank

Starts July 1 It's that time of year again! The four week Plank & Drank challenge returns for its second year

to help you hydrate and motivate! Start a team with your department and work your way through the 30 days of ab-blasting, water-bottle-filling fun! Build comradery with your team and compete against other teams in the weekly mini-challenges (*pro tip: start planning your office's hydration station now*). **Registration for this challenge will be sent to the wellness newsletter in June and the challenge starts July 1.**

Healthy@Home, Well@Work Challenge

Starts August 5 This summer, join the Healthy@Home, Well@Work challenge to practice healthy habits at the office and at home, BINGO style! Participants will fill in a BINGO card every two weeks with healthy activities that they have completed. A list of suggested activities will be provided, and will include things like "get 10,000 steps in a day," or "try a new vegetable." Then, we will host a virtual BINGO game at the end of each two week period. Each week's winners will be entered into a drawing! Don't miss out! **The challenge will run the entire month of August. Registration will be sent out to the wellness newsletter in July.**



LOOK FOR
THIS ICON!



These activities are eligible for Better You Strides points. Better You Strides is a wellness incentive program for select employer groups including UF Health and the College of Medicine.



The Wellness Warrior Award is a peer-nominated recognition of individuals on the UF and UF Health campuses who make strides to live better by making healthier choices. The award is an acknowledgement of the determination and dedication it takes to live a well and healthy lifestyle. A Wellness Warrior is an individual who leads by example, encouraging those around them to also make healthier choices. Nominate a colleague whom you feel is deserving of this recognition at worklife.hr.ufl.edu/wellness-warrior.

Build Your Own Workout Series

Bring this series to your department! Want to get started on a simple workout routine at home or at work, but not sure where to start? This four-week workshop will teach you basic, no-equipment-required exercises targeting major muscle groups, and help you design a quick and efficient workout! Each session of the series lasts 45 to 60 minutes. For more details and to schedule, contact Brittany Evans at beva0001@shands.ufl.edu.



Wellness Day Your Way Toolkit

Looking to host a wellness retreat for your department or incorporate wellness into your annual staff retreat? GatorCare is now offering the Wellness Day Your Way Toolkit, a comprehensive guide featuring various wellness opportunities for your upcoming retreat, ranging from presentations and activities, to planning a healthy lunch! Visit gatorcare.org/wellnessdayyourway to access your toolkit and get started!



Healthy Travel Newsletter Series

Traveling this summer but don't want to sacrifice your healthy habits? Stay tuned for a four week educational series of weekly tips and tricks on how to incorporate healthy routines into your next vacation! This series will run in the Wellness Newsletter during the month of July and will be archived in "Latest News" section on the GatorCare website at gatorcare.org.



EMOTIONAL



SOCIAL



SPIRITUAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



PHYSICAL



INTELLECTUAL

Sign up for the Wellness Newsletter to stay up to date.

worklife.hr.ufl.edu/wellness