

Recipe for Health

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 nutrition.



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 hws-wellness@ufl.edu.

- **October 2 | How to Make Your Workstation Work for You: Ergonomics Workshop**
Cindy Mercado, Environmental Health & Safety
- **November 6 | How to Start Your Home Garden: Gardening Workshop**
Dina Liebowitz, Field & Fork Campus Food Program

WALKTOBERFEST 2019



Fall Walking Challenge, Walktoberfest

Starts October 7

The 2019 Fall Walking Challenge, **Walktoberfest**, will run from October 7 to November 3. Form a team of four to twenty walkers (friends and family members are welcome to join!). We asked, and you provided feedback on past challenges, which has led to the creation of the Your Steps, Your Way campaign! This campaign is centered on how YOU use the walking challenge to make healthy changes. Show us how you motivate yourself, work as a team, and use the Walker Tracker platform to ultimately reach your step goals.

Visit gatorcare.org/walking-to:

- Learn more about the challenge
- Register your team
- Download the Captain's Guide, a toolkit to help you help your team
- Troubleshooting resources including how to sync your device, how to switch from sync to manual entry, and how to view your team's standings

Go Ergo Challenge

Starts October 14

This three-week challenge aims to align, design and refine your work environment to improve your efficiency at work and minimize discomfort. The self-directed challenge provides tools and resources to help you make ergonomic changes at your workstation, from adjusting the position of your chair and computer monitor to building in activity breaks throughout your day. The more changes you make, the better you'll feel, and the greater your chances are of winning one of three awesome prizes!

Challenge details will be released to the newsletter in October. Stay tuned!

Farmer's Market Group Rides

Are you curious about cycling at UF? Want to visit the downtown farmer's market? Want a fun group activity that will help your physical fitness? Join us for the Farmer's Market Group Rides on the second Wednesday of each month. Riders will meet at 5:00 p.m. at the Plaza of the Americas. If you are interested in joining the rides, visit worklife.hr.ufl.edu/farmers-market-group-rides.



**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.

Sugar Busters

Starts November 4

Do you have trouble keeping your sweet tooth at bay? Are you curious to

learn more about the impact of sugar and where it might be hiding in your diet? Do you want to reduce your sugar intake and make healthy behavior changes? Sign up for the two-week Sugar Busters Challenge! Participants will learn about added sugars and track their daily intake during week one. Week two focuses on creating and following attainable goals to cut back on your sugar intake. This is the perfect time to get your added sugars in check before the holiday season!

Registration will be sent via the wellness newsletter in October. Stay tuned!



Great American Smokeout

This November

If you or someone you care about uses nicotine in any form,

consider using the Great American Smokeout to take an important step toward a healthier life by making a plan to quit or planning in advance to quit tobacco this month. Find support at TobaccoFreeFlorida.com.

GatorCare members should visit gatorcare.org/tobacco for additional resources to quit.



Employee Assistance Programs (EAP)

At some point in our lives, most of us experience personal difficulties that may need attention. For these trying times, the Employee Assistance Programs at UF and UF Health are here to help. People may become involved in the EAP for a number of reasons including major life changes, depression, anxiety, work stress, holiday stress, etc. However, the EAP isn't just for those who are facing a difficult time. In addition to helping people cope with life's challenges, these programs also work to keep healthy, happy people healthy and happy.

Learn more about UF's EAP program at eap.ufl.edu

Learn more about UF Health's EAP program at eap.UFHealth.org



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.



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

worklife.hr.ufl.edu/wellness or gatorcare.org