

Get Up and Go!

Each quarter of 2020, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on physical activity, weight loss and weight management.



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 or sign up for the live stream, login to myTraining.hr.ufl.edu and search "Wellness Wednesday."

- **January 8 | Understanding Trauma and Resilience for Individuals and Communities**
Dr. Mark Hart, EdD, *College of Public Health and Health Professions*
- **February 5 | Embodied Difference: A Guide to Healthy Living in a Multicultural World**
Dr. Antonio Farias, *UF Chief Diversity Officer*
- **March 4 | From Dr. Google to Your Doctor: Improving Communication About Your Health**
Dr. Carma Bylund, PhD, *Department of Public Relations and the Division of Hematology & Oncology* and
Dr. Samantha Paige, PhD, MPH, CHES, *STEM Translational Communication Center*

Free Weekly Group Fitness Classes

Stadium

HIIT with Britt – Tuesdays from 5:30-6:30 p.m. at Ben Hill Griffin Stadium

Outdoor Fitness Adventure – Wednesdays from 5:30-6:30 p.m. at Ben Hill Griffin Stadium

Yoga

Tuesdays from 12:15-1:00 p.m. at Ustler Hall Atrium

Tuesdays from 5:30-6:20 p.m. at the Cancer and Genetics Research Complex (*at the Florida Museum of Natural History on the first Tuesday of the month)

Thursdays from 5:15-6:15 p.m. at East Campus

Zumba

Mondays from 5:20-6:20 p.m. at the Cancer and Genetics Research Complex

Thursdays from 5:20-6:20 p.m. at the Cancer and Genetics Research Complex

Learn more about the free group fitness classes at GatorCare.org/fitness-classes.



Bonus!

Get Rewarded for Trying Classes with the Get Up and Go Punch Card



Curious about the free fitness classes? Now is the time to try them out! This quarter (January-March), receive a punch card from any of the fitness classes offered above. Earn a punch by attending a class from each category. **Get three punches (i.e. attend a class from three out of the four categories) and receive a prize from GatorCare!** Categories include stadium, yoga, Zumba and a freestyle spot. Credit for the freestyle spot is earned by attending any group fitness class, including Turbo Fit at the UF Health Fitness Center. Learn more about Turbo Fit by visiting fitness.UFHealth.org.

Questions? Contact beva0001@shands.ufl.edu.



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.

March Madness Challenge

Starts March 17



Get your brackets ready — it's March Madness season!

Download your bracket, fill in your predictions, and prepare to work on your wellness with each round. This individual challenge will focus on

improving your overall wellness by completing activities related to all dimensions of health. You are encouraged to engage your department in this challenge and complete wellness activities together!

For more information and to register, visit GatorCare.org/mm. Registration opens March 9.

Spring Walking Challenge

Starts April 6

It's that time of year again! Enjoy the spring weather and get those steps in. It's never too early to get your team assembled! Form a squad of four to twenty walkers, choose a division, and get to stepping! Registration for the Spring Walking Challenge opens March 14. The challenge begins April 6 and will run through May 17.

Visit GatorCare.org/walking for more information.



Healthy Lifestyle Program

This six-week program is designed to change our mindset when it comes to living healthy. Participants will learn and explore what it means to live healthy. Participants will also practice adopting healthy behaviors throughout the 6-week program. If you want to start living healthier but are not sure where to start, then this program is for you.

Learn more and register at wellness.hr.ufl.edu.

Join the Wellness Partner Team

Do you have a passion for wellness and an interest in bringing wellness to your department? Partners are responsible for becoming experts on the wellness program, disseminating information to their department, encouraging participation in wellness initiatives, and collaborating with other Partners and the UF & UF Health Wellness Committee. Interested? **Learn more and complete the application at GatorCare.org/wellness-partners.**

Update Your Wellness Board

Is your wellness board outdated? Or maybe creating your board feels like too much work? Fear not! **Board templates have arrived.**

Visit GatorCare.org/wellness-board to find a standard template for your board plus relevant handouts and promotions for this quarter!



Sign up for the Wellness Newsletter to stay up to date.
worklife.hr.ufl.edu/wellness or gatorcare.org