

Healthy@Home Well@Work

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 creating healthy habits both at home and at work.



Join us on the first and third Wednesday of each month at noon for presentations on a range of wellness topics provided by UF, UF Health and the UF EAP experts.

To get more details or register, visit the UF Wellness website at wellness.hr.ufl.edu.



Plank & Drank

Starts July 6

It's time for the 2020 Plank & Drank! Join the four week challenge to stay motivated, strong, and hydrated during the hot Florida summer. Choose your plank calendar for the month and tune in with your department on Mondays for a live stream with the GatorCare department!

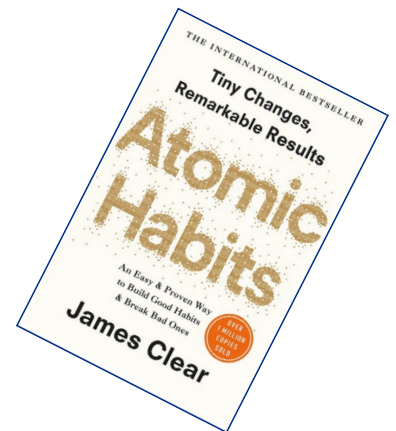
Learn more and register by taking the pre-survey at GatorCare.org/water. Challenge starts July 6th!

GatorCare Book Club

Starts week of July 13

Join us as we read **Atomic Habits** by James Clear, a book dedicated to teaching you how to break bad habits, create good habits, and improve yourself by 1% each day. Meetings start the week of July 13th.

To register and get more information, visit GatorCare.org/book-club or email Kat at kcla0003@shands.ufl.edu.



Fun Friday

Every Friday of this quarter

No need to search webpage after webpage for quality content or ideas to have fun — Fun Friday packages and delivers ideas to you in a convenient weekly email. Fun Friday has you covered with funny pictures, news clippings, videos, spotlights on local events you can enjoy from home, DIY activities for you and the family, new hobbies to try, virtual explorations of the world, and more to enjoy in-the-moment or later at home!

Subscribe for more ways to have fun. Emails will run every Friday of this quarter.



Thoughtful Consumerism Series: Shopping Sustainably

Coming this August

Are you interested in leading a sustainable life, but aren't sure where to start? One way to make a positive impact on the environment is by becoming a more thoughtful consumer. It's become easier than ever to find options that do less harm to us and the environment, but it can be overwhelming to weed through all the labels, symbols and marketing claims to determine which sustainability practices really make a difference and align with your sustainability goals.

Join this **three-part presentation series** in August to learn more about common sustainability terms, how to make sustainable tweaks throughout your home, and ultimately, how to use your purchasing power as a consumer to positively impact our environment.



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!

  **NEW! A monthly calendar for all things wellness!**
  Visit gatorcare.org/calendar to download.

Related resources:

- **Play Healthy@Home, Well@Work Bingo** with yourself or friends using **this guide** from last year's challenge.
- **Rethink how you work with Boost**, a program designed to help you take a more effective work break and better manage your energy throughout the day.
- **Check out the redesigned GatorCare video library** for recordings of presentations and workouts.
- **Move more at work and at home with our expanded group fitness class schedule**, which includes Tuesday/Thursday lunchtime 15-minute workouts, Animal Flow, yoga and more!
- **Follow Well@UF** on social media for another way to stay connected.



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

wellness.hr.ufl.edu or gatorcare.org