

Recipe for Health

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 nutrition and diabetes prevention.



This quarter the Monthly Wellness Wednesdays will take on a new look. On the first Wednesday of each month, we will publish a short, recorded interview with an expert from our UF and UF Health community on a variety of health and wellness topics. **Keep your eyes peeled for opportunities to submit questions to the experts in advance through the [UFHR Wellness Website](#) or social media accounts [@WellatUF](#).**

Mobility Mondays

Join **Brittany from GatorCare** on Mondays at 2 p.m. for a quick 10-minute stretching session designed to improve mobility and stretch tight muscles.

Visit GatorCare.org/fitness-classes to learn more.



Sweet & Salty Challenge

Starts October 26



Do you know how much salt and sugar are in your diet? Sign up for the three-week Sweet & Salty Challenge! During the first week, participants will track their food and increase their awareness of added sugar and sodium intake per day. The second week will focus on learning how to choose foods with less sugar and sodium when eating out. Then the last week will provide tips and tricks on how to cook with less sugar and sodium. This challenge will prepare you for a healthy holiday season!

Registration will open on October 5 at GatorCare.org/sweet-and-salty. For any questions, please email kaitlyn.cantor@bcbsfl.com.

Maintain, Don't Gain!

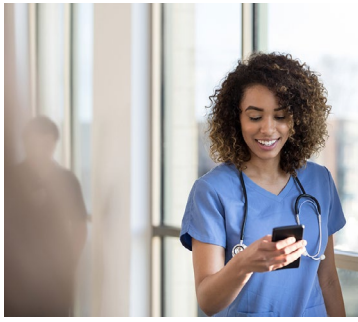
Starts November 16

Join this free seven-week campaign focused on maintaining your weight throughout the holiday season. Many Americans gain between 1 and 5 pounds each holiday season. Instead of focusing on losing weight, this challenge provides you with the strategies and resources to help you maintain your weight throughout the holidays. The National Eat Smart, Move More, Maintain, Don't Gain! Holiday Challenge was developed by professionals from North Carolina State University and the NC Division of Public Health. The challenge runs from November 16 to December 31.



Registration will open in November via the Wellness Newsletter; stay tuned!





Daily Radiance Text Campaign

Starts November 23

Who doesn't love a good morning text? Join the Daily Radiance campaign to start your day with kindness, positivity, and sunscreen reminders. This three-week, text-based campaign creates actionable opportunities for kindness, reminds you to apply sunscreen, and encourages you to make each day great!

To join, text @dailyrad to 81010. Texts begin November 23.



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.



EMOTIONAL



SOCIAL



SPIRITUAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



PHYSICAL



INTELLECTUAL

True or False? 86 million U.S. adults 18 years and older are living with prediabetes.

True

True or False? Of those 86 million adults with prediabetes, 88% are not aware they have it.

True



Find Your Prediabetes Risk

Prediabetes is a condition where your blood sugar is higher than normal, but not high enough to be diagnosed

with diabetes. **It is a precursor to developing diabetes.** However, with awareness and the right resources and changes, the onset of diabetes can be prevented.

Learn more about your prediabetes risk and how to lower it by taking a short risk assessment available at GatorCare.org/diabetes.

Related resources:

- 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, 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.