

WELLNESS Talk

A UF WELLNESS PODCAST

The Wellness Talk video podcast series allows us to connect with subject matter experts on our campus to learn from them about their work and research. Join us each

month for a new discussion on a range of wellness topics with UF and UF Health experts.

Visit wellness.hr.ufl.edu/wellness-talk to watch.

- Jan. 2021 | Intuitive Eating and Nutrition Trends 'Red Flags'
- Feb. 2021 | Aortic and Valvular Diseases
- Mar. 2021 | Mindfulness and Meditation



Get our monthly calendar for all things wellness! Visit GatorCare.org/calendar to download.

YOU'VE GOT THIS!

Group Coaching – starts February

Do you have a group of 4 to 12 coworkers or friends who would like to participate in a three month health coaching series to help you stay accountable, get advice and support, and be successful with your goals? Let us know! A wellness staff member will facilitate three to four group health coaching sessions with your department, one month apart. The first session will help participants develop healthy and realistic goals. Subsequent sessions will check in on those goals and create an environment for sharing and support. *Choose your own New Year's Resolutions; we encourage*

participants to develop and work towards their own personalized goals. Your group must have at least four committed participants and access to Zoom. **Learn more and sign up at GatorCare.org/group-coaching.**



Healthy Lifestyle Program

The Healthy Lifestyle Program is a series of six sessions exploring different parts of creating a healthy lifestyle. Each session will focus on a specific health topic including goal setting, physical activity, nutrition, energy balance, stress management, and resilience. Altogether, this 6-week program is designed to change our perspective of what it takes to create a healthy lifestyle.

The program is now available for on-demand access online. Requests for live presentations are still accepted. **Visit wellness.hr.ufl.edu/healthy-lifestyle-program/ to learn more.**



March Madness Challenge

Starts March 15



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. Flash prizes will be available throughout the challenge, sign up for Remind 101 to qualify!

For more information and to register, visit GatorCare.org/mm. Registration opens March 8.



Update Your Wellness Board

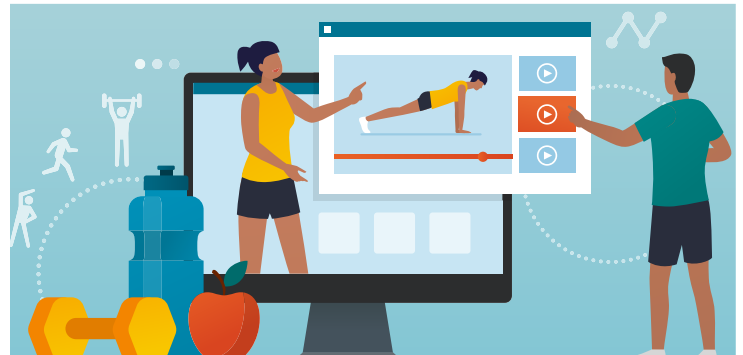
Use these pre-made wellness board templates and bring wellness to your department or unit!

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



Book Club

Do you love reading, meeting new people, and working on your wellness? If so, then Employee Wellness Book Club is perfect for you. Meetings occur once per week and registration is open now: bit.ly/jax-book-club. Questions? Email Jon at jonathan.vrendenburg@jax.ufl.edu.



Local Wellness Resources:

Stay safe and well by utilizing our various local wellness resources.

- Check out our new Gainesville Wellness Guide at bit.ly/GNV-guide for COVID-safe local resources and activities.
- Book a live wellness presentation or mini workshop (can be via Zoom) or watch a past recording at bit.ly/wellness-offerings.
- Browse the UF Wellness Library at bit.ly/wellness-library for presentations from every dimension of wellness.
- Explore our various recorded fitness classes, from 10-min stretching to 45-min yoga, at bit.ly/fitness-recordings.



EMOTIONAL



SOCIAL



SPIRITUAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



PHYSICAL



INTELLECTUAL

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