

Get Up and GO!

January - March 2022 Employee Wellness Events

This quarter focuses on physical and financial wellness.

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.



Healthy Lifestyle Program, Ongoing

The Healthy Lifestyle Program is a series of six sessions exploring different aspects 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. The program is available online for on-demand access. Requests for live presentations are also accepted.

Visit wellness.hr.ufl.edu/healthy-lifestyle-program.

Healthier YOU in 2022

Want to work on your wellness this year? Start the year off right with one of the following wellness opportunities, including a text-based fitness challenge, one-on-one health coaching, and more! Explore our offerings below.



Text-ercise, January 3-30

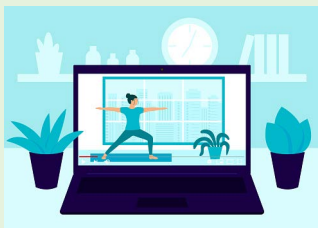
Get into the habit of daily movement with Text-ercise!

Receive a text each day inviting you to complete one exercise to enhance your strength, flexibility, or cardiovascular fitness. Exercises can be completed with everyday objects in your workplace or home. **Register at GatorCare.org/text-fitness.**



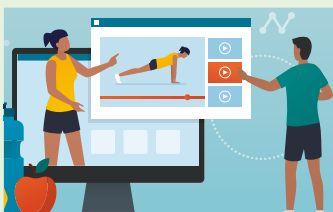
Step into the New Year, January 3-30

This four-week, individual walking challenge will have you learning about unique celebrations and traditions around the globe. **Take a step toward your wellness today and register at GatorCare.org/step-into-the-new-year.**



Fitness/Wellness Classes, Ongoing

This year, we are offering a variety of live-streamed and in-person fitness and wellness classes, from cardio to meditation and more! **Visit GatorCare.org/live-wellness-classes for more info.**



One-On-One Health Coaching, Starts late January

Do you have wellness goals for 2022, but are unsure where to start? Now's your chance to meet with a health coach for two one-on-one sessions via Zoom! Talk through your goals and barriers, and create a plan together to set you up for success this year.

Visit GatorCare.org/health-coaching to register (limited spots available).



Get your Zzzs On

Start 2022 on the right side of the bed by working on your sleep wellness!



Goodnight Gators, Available in March

This four-week virtual program will provide you with the knowledge to make the right decisions when it comes to sleep.

Register at wellness.hr.ufl.edu/good-night-gators.



SLEEP CHALLENGE

Sleep Challenge, Ongoing

Join this 28-day sleep challenge to monitor your sleep practices and receive tips for improving your sleep hygiene. Register at GatorCare.org/sleep-challenge.

Money, Money, Money

Adopting smart money management practices and preparing for short- and long-term expenses can help ensure you are “fiscally fit.” Work on your financial wellness by checking out the resources below.



Financially Fit with Lincoln Financial, Ongoing

Go beyond the basics with financial wellness tools from Lincoln Financial. Attend a live virtual meeting, watch a recorded presentation, or explore an interactive toolkit. [Learn more at GatorCare.org/financially-fit](https://GatorCare.org/financially-fit). Note: The live webinars are available to anyone, regardless of your retirement plan provider.

Financial Literacy Toolkit, Ongoing

Develop healthier financial habits by exploring this series of recorded workshops featuring several of our UF campus partners. [Learn more by visiting wellness.hr.ufl.edu/financial-literacy-series](https://wellness.hr.ufl.edu/financial-literacy-series).

Money 101, Coming soon!

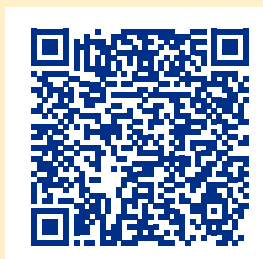
Learn how to develop, adjust, and implement a budget in your life with toolkits tailored to you with these monthly toolkits.

Visit GatorCare.org/money-101 for more information.



GatorCare.org

wellness.hr.ufl.edu



Stay informed of our ongoing wellness events by signing up for our wellness newsletter.

Use the QR code to subscribe. Explore our websites above for additional information.

