

# Recipe for HEALTH

## October - December 2022 Employee Wellness Events

This quarter focuses on physical (nutrition) and emotional 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 Body



#### Great American Smokeout, November 17

Quitting smoking isn't easy. The good news is there are many resources available to help you on your journey. Join the national movement, Great American Smokeout, and make November 17 your quit day. [Explore our many tobacco cessation resources at GatorCare.org/smokeout.](https://GatorCare.org/smokeout)

#### Plate Full



A nutrition text program

#### Plate Full Text Program, November 1-30

Thanksgiving is right around the corner. Want some tips to help you survive the holiday season? Sign up for **Plate Full** to receive a daily nutrition tip, trick, or resource directly to your phone during the month of November! From mindful eating strategies to recipes to the basics of nutrition, our practical texts will make it easy to stay on track with your goals. **Text "nutrition" to 855.701.0838 to join.** Standard text message rates apply.



#### Sweet and Salty Challenge, November 7-27

The Sweet and Salty Nutrition Challenge is back beginning November 7! During this three-week, emailed-based challenge, you'll learn how to reduce the amount of salt and sugar you consume. Sign up to learn the lingo on food labels, become a conscious consumer, and gain tools to conquer the kitchen! [Register at GatorCare.org/sweet-salty.](https://GatorCare.org/sweet-salty)



#### Webinar Series: Nutrition for Kids, December 7 and 14 at 12:00 p.m.

Whether you are a parent, grandparent, babysitter, or just fascinated by the topic, this two-part webinar series is sure to teach you something you didn't know about kids and their nutritional needs. Register to learn helpful tips and tricks for overcoming barriers that stand in the way of eating healthy for you and the whole family. For maximum benefit, it is encouraged that you attend both. [Register at GatorCare.org/calendar.](https://GatorCare.org/calendar)

#### Onsite Fitness Classes, Various dates and times

No-cost onsite fitness classes for employees are back! Get excited for lunchtime yoga on the UF campus and after-work Zumba at UF Health Professional Park. To attend, you do not have to register. **Stay tuned for more information in the weekly wellness newsletter. Sign up by visiting [GatorCare.org/newsletter](https://GatorCare.org/newsletter).**

- **Yoga at Smathers Library (Room 100):** Mondays from 12:15-1:00 p.m.
- **Yoga at Ustler Hall (162 Fletcher Drive):** Tuesdays from 12:15-1:00 p.m.
- **Zumba at UF Health Professional Park (3300 SW Williston Road):** Starts October/November!

### Healthy Mind



#### Wellness Countdown Challenge, December 1-31

Work on your wellness this December by participating in the Wellness Countdown Challenge! Download or print our 31-day calendar and complete each daily activity, which covers a different window to wellness. At the end of the challenge, submit your completed calendar for a chance to win a \$50 Amazon e-gift card! [Learn more at GatorCare.org/wellness-countdown.](https://GatorCare.org/wellness-countdown)



#### Good Vibrations Text Program, Ongoing

How easy would it be to make positive changes if half of the work was done for you? Sign up for our three-week, text-message based program and let us help you bring civility back to the workplace. **Text "civility" to 855.701.0838 to join.** Standard text message rates apply.



#### Healthy Lifestyle Program, Ongoing

The Healthy Lifestyle Program is a series of six sessions that explore different parts of creating a healthy lifestyle. Each session focuses on a specific health topic including goal setting, physical activity, nutrition, energy balance, stress management, and resilience. The program is now available for on-demand access online. [Sign up today at Wellness.hr.ufl.edu/healthy-lifestyle-program.](https://Wellness.hr.ufl.edu/healthy-lifestyle-program)

[GatorCare.org](https://GatorCare.org)

[wellness.hr.ufl.edu](https://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.**

