

Get up and Go!

January - March 2024 Employee Wellness Events

This quarter focuses on physical  and financial  wellness.

Check out our featured wellness programs and resources for UF and UF Health employees below! Sign up for our newsletter at the bottom of this flyer to stay up-to-date on our other programs throughout the quarter.

JANUARY



Gator Strides Couch to 5K, January 22-March 18

Unleash your inner runner with Gator Strides! You'll be ready to run a 5K by the end of this 9-week guided challenge – even if you've never ran before! **Lace up those old running shoes and register now at GatorCare.org/c25k.**



Australian Walkabout: Individual Walking Challenge, January 1-31

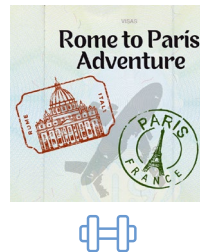
This virtual walking challenge will take participants all around Australia to learn about the Great Barrier Reef, Aboriginal history, kangaroos, wildlife, and some of the most beautiful beaches in the world. **Head down under and sign up at GatorCare.org/walking.**

FEBRUARY



Self-Love Series, February 13-March 14

Spend more time on YOU for YOU! In this email-based series, learn to better understand yourself and how to practice self-love with practical tools and activities! **Register now at GatorCare.org/self-love.**



Rome to Paris Adventure: Individual Walking Challenge, February 1-29

Join today at GatorCare.org/walking and virtually explore a variety of fantastic European landmarks, from the awe-inspiring Colosseum to the Arc de Triomphe in Paris!



On-demand Financial Webinars, Ongoing

Explore UF HR Communications and Worklife's Financial Literacy webinar playlist on YouTube! Learn various financial skills, like how to boost your credit or invest your money wisely.

Watch now at GatorCare.org/financial-literacy.

GatorCare
Your Partner in Health

GatorCare.org/wellness

 **WELLNESS**
University of Florida & UF Health

worklife.hr.ufl.edu/wellness

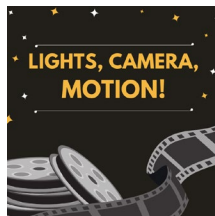
MARCH



Nutrition Throughout the Lifespan, March 5-April 7

Unleash your full potential at every life stage with Nutrition Throughout the Lifespan, an email-based program. From tailored advice for infants to personalized strategies for seniors, learn about cultivating lifelong healthy habits.

Your path to a nourished, thriving life begins at GatorCare.org/nutrition-lifespan.



Lights, Camera, Motion: Individual Walking Challenge, March 1-31

Take a virtual tour of American filmmaking! Travel the country, learn about the filming locations of classic and modern movies, and get to know some of cinema's most famous landmarks all while achieving your daily step goals!

Join today at GatorCare.org/walking.

Did you know?

The tradition of New Year's resolutions started almost 4,000 years ago by the ancient Babylonians! This year, ensure that your resolutions stick by making them measurable, realistic, and achievable. Instead of "I want to exercise more," re-work your goal to sound more like "Starting January 1, I will do a 30-minute at-home workout at least once per week." **Happy goal-setting!**



EMOTIONAL



SOCIAL



SPIRITUAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



PHYSICAL



INTELLECTUAL



CULTURAL

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