

Each quarter of 2016, the UF and UF Health Shands Wellness Committee, along with GatorCare®, will focus on a different wellness topic. This quarter's focus is on physical activity, weight loss and weight management.

# Get up and go!



## Windows to Wellness 2016 Fair January 22

Start 2016 off on the right foot! Join us for this one-day event filled with activities, information and resources designed to support you in your wellness journey. Benefits-eligible employees can participate in free workshops and health screenings, meet with representatives from a variety of campus organizations, enjoy healthy refreshments, enter to win door prizes and much more!

The event will be held at Emerson Alumni Hall, 10:00 a.m. to 3:00 p.m. on Friday, January 22.

For more information, visit [hr.ufl.edu/windows-to-wellness](http://hr.ufl.edu/windows-to-wellness).



## Focus on Heart Health in February

**Screenings:** Learn your blood pressure, BMI, body fat percentage and more with this screening, and discover how lifestyle changes can improve your numbers and your health! Screenings take five to ten minutes and will be conducted at various locations across both UF and UF Health campuses. **Visit the Calendar at [GatorCare.org/wellness/calendar](http://GatorCare.org/wellness/calendar) for the most current schedule of screenings.**

**Million Hearts Challenge:** Help save one million lives. During the month of February, complete an on-line educational module to improve your own cardiovascular health by following this link. Encourage others to do the same—the National Consortium for Building Healthy Academic Communities will award prizes to the top three higher education institutions with the most participants.

Get more information [here](#).

## Spring Walking Challenge Register by March 4

Form a team of 2-25 employees. Designate a team captain. Give yourselves a creative name. **And get moving!** The challenge will run for four weeks. **Registration is due by Friday, March 4 and the challenge begins Monday, March 7.** Sign up for the wellness email list to receive more information and updates regarding the challenge.

## Wellness Wednesdays First Wednesday of every month

Takes place the first Wednesday of each month at the UF HR Building (903 West University Ave.) from 12-1 p.m.



- **January, Balancing Science and Soul: The Biology and Psychology of Weight Loss**
- **February, Healthy Running: What Every Runner, Novice or Seasoned, Should Know**
- **March, Spring Vegetable Gardening with Wendy Wilber**

Register through myTraining or email [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu) to sign up for the live stream. **Don't want to live stream alone? Consider booking a room, projecting the live stream and watching with your coworkers!**





### Weight Watchers @ Work

Attend an information session on Thursday, January 7 at the Wellman Classroom #271, Yon Hall (on the east side of the Ben Hill Griffin Stadium) at noon. If at least 20 employees sign up, the 17-week program will begin on Thursday, January 14 and will be held weekly thereafter from noon to 1 p.m. at Yon Hall.

Interested employees may also join the existing Weight Watchers class held every Tuesday at noon. Contact Danita Gainer at [gained@shands.ufl.edu](mailto:gained@shands.ufl.edu) for more information.



### Group Fitness Classes, ongoing

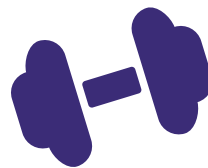
- **Turbo Fitness:** 30-minute circuit training class at UF Health Shands Fitness and Wellness Center. Classes begin at 11:00 a.m. and run every half-hour until 2:00 p.m., Monday through Friday. \$35 per month, no initiation fee and no contract. For more information, visit [Fitness.UFHealth.org](http://Fitness.UFHealth.org).
- **Zumba, free:** Wednesdays from 5:15-6:00 p.m. at the Cancer and Genetics Research Complex, 2033 Mowry Road, Room 451 / Mondays from 6-7 p.m. at UF Health's Cancer Hospital, 1515 SW Archer Road, Rooms 1204 and 1205
- **Pilates, free:** Saturdays from 10-11 a.m. at the Facilities Administration Building (FAB), 1281 Newell Drive
- **Yoga, free:** Tuesdays from 12:15-1:00 p.m. at the Florida Gym, 1864 Stadium Road

Visit the Calendar at [GatorCare.org/calendar](http://GatorCare.org/calendar) for more information on these and other group fitness classes.



### Stay tuned for our upcoming Quarterly Spotlights

- **FIRST QUARTER, Get up and go!**  
*Physical activity, weight loss and weight management*
- **SECOND QUARTER, Thrive**  
*Mental and emotional health*
- **THIRD QUARTER, Well@Work**  
*Wellness at the workplace*
- **FOURTH QUARTER, Recipe for Health**  
*Nutrition, diabetes and pre-diabetes*



### Want more physical activity resources?

- Access campus walking maps at [GatorCare.org/walking-maps](http://GatorCare.org/walking-maps)
- Watch exercise videos at [GatorCare.org/wellness/library](http://GatorCare.org/wellness/library)

### Ready to conquer something else?

Visit [GatorCare.org/wellness](http://GatorCare.org/wellness) for a list of available wellness resources and programs including:



- Information on quitting tobacco
- Mental and emotional wellness including stress management resources and information on the Employee Assistance Programs (EAPs)
- Media Library with a wide array of presentations from campus experts