



Spring 2016 Winners

PathPals



Moderate Division

Team average: 440,374 Steps*

*Sum of 4 week averages

1. Where did your team name come from?

UF Health Shands Anatomic Surgical Pathology is our department Name. Path stands for “walking path” and also “Pathology.” Pals is for all of us here in Pathology. We are a close knit team of friends and co-workers, hence the name “PathPals.”

2. How did your team stay motivated throughout the four weeks?

Our team is comprised of very active participants. We have challenged each other by competing on number of steps obtained, actually obtaining gym memberships, how many times we go to the gym, eating right, discussing and sharing recipes, and striving for better health in general.

3. What do you think made your team so successful?

Our team is successful because we are motivated to become healthier, not just for four weeks but forever. We have made many life-time changes.

4. What tips do you have for other teams?

Our tip for other teams would be to walk whenever you can. I like to get up first thing in the morning and start with walking on the treadmill or going to the gym because it gets me motivated for the rest of the day, and makes me feel energetic and willing to start the day with a “bang.” Also, planning walking time, exploring various walking trails, and matching different types of music with slow, intermediate and fast rhythms to match your type of exercise help make walking more interesting.

5. How do you plan to stay active beyond this challenge?

All of the participants in our “PathPals” group have started a workout program, walking schedule, dietary changes, and adjusting our lifestyles to be motivated for “change for the better.”

*Note: Answers edited for length and clarity.