

# Get up and go!

Each quarter of 2017, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on physical activity, weight loss and weight management.



## Windows to Wellness 2017 Fair, January 25

**Start 2017 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. 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 the Reitz Union Grand Ballroom, 10:00 a.m. to 3:00 p.m. on Wednesday, January 25. [Get more information here.](#)

## 12 Tweaks to a Healthier You

12 Tweaks to a Healthier You focuses on a different healthy habit or 'tweak' each month of 2017. Each tweak aims to improve physical, emotional, social or financial wellness. Receive a new tweak each month, along with an action plan to make the new behavior a habit.

- **January's Tweak: Focus on Fruits and Veggies**  
Clean up your diet this month by increasing fruit and vegetable intake.
- **February's Tweak: Morning Mile**  
Start the day off on the right foot with a morning walk. Aim to get a mile in before 10 a.m.
- **March's Tweak: Gratitude**  
Celebrate the present and reflect on life's treasures, big and small. A new strategy to help you cultivate gratitude will be introduced each week.

Register **today** to participate in the full challenge and stay tuned for upcoming tweaks to help you increase your physical fitness, develop a healthy morning routine and more!



Bring your lunch to the UF HR Building (903 West University Ave.) the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts. **To register, click on the titles below. To sign up for the live stream, email [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu).**

- **Cultivating Wellness in 2017: Throw Out Your Resolutions, January 4**
- **Women and Coronary Artery Disease, February 1**
- **Fruit Trees for Your Florida-Friendly Landscape, March 1**

View previous Wellness Wednesdays on exercise by clicking the titles below.

- **Healthy Running: What Every Runner, Novice or Seasoned, Should Know**
- **Stay Strong: How to Minimize Age-Related Muscle Loss**

## Heart Health Screenings, February

Learn your blood pressure, BMI, body fat percentage and more with this short screening. Then 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 Wellness Calendar for the most current schedule of screenings.](#)



## Spring Walking Challenge, register by March 22

Form a team of 4-15 employees. Designate a team captain. Give yourselves a creative name. And get moving! The challenge will run for four weeks. **Registration is due by Wednesday, March 22 and the challenge begins Monday, March 27. More information and registration details will be released to the wellness email list in March. Stay tuned!**



## March is Florida Bike Month!

**Learn about trails, events, charity rides and more at [floridabicycle.org](http://floridabicycle.org).** Visit **UF's Bikes website** to find resources available to you on campus including the UF departmental bike share program, safety tips, and repair.

## 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**
  - Mondays (Strong by Zumba)
  - Wednesdays
  - Thursdays**For times and locations, visit the [GatorCare calendar](#).**
- **Pilates, free**
  - Saturdays, 9:45-11:15 a.m., Tanglewood Village Commons Room, 2919 SW 13th Street
- **Yoga, free**
  - Tuesdays, 12:15-1:00 p.m., Ustler Hall Atrium, 162 Fletcher Drive

## 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, including free classes and quit aids like patches, gum or lozenges
- Mental and emotional wellness including stress management resources and information on the **UF** and **UF Health** Employee Assistance Programs (EAPs)
- **Media Library** with an array of presentations from campus experts

Sign up for the **Wellness Email List** to stay up to date.

Email [HRS-WELLNESS@UFL.EDU](mailto:HRS-WELLNESS@UFL.EDU)