



Each quarter of 2017, the UF and UF Health Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter focuses on resources to help you take care of yourself while taking care of business.

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.

- **July’s Tweak: Serving Size Surprise**
Increase your water intake and rethink your portion sizes.
- **August’s Tweak: Prep 101**
Incorporate various methods to master meal prep techniques.
- **September’s Tweak: Savings Central**
Focus on your finances by preparing for short and long-term expenses.

Register now to participate in the full challenge and stay tuned for upcoming tweaks to help increase your daily step count, eat mindfully and unplug from technology.



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. **Register for in-person attendance by clicking each title below. Or email hws-wellness@ufl.edu to sign up for the live stream and join us online.**

- **JULY 5 | Distracted Driving: Avoid Becoming a Statistic**
Judy Padgett, Property & Casualty Risk Manager, UF Health Shands
- **AUGUST 2 | Mindfulness and Staying in the “Green Zone”**
Sabine Grunwald, PhD, Leader of UF Mindfulness & Professor, Department of Soil and Water Sciences
- **SEPTEMBER 6 | Strategies for Managing Stress**
Heidi Radunovich, PhD, Associate Professor & Extension Program Director for UF Engagement, Department of Family, Youth and Community Sciences



View recordings of our most popular talks on wellness at work located at the GatorCare Media Library.

- **Applying Ergonomic Principles at Your Workstation**
- **Work-life Balance: Exploring What Works for You**

Bring Wellness to Your Next Staff Meeting

Include the interactive intro to Wellness presentation at your next meeting or event. This ten minute presentation reviews the wellness opportunities available to employees, how to keep current on upcoming events and how to stay well at work.

To schedule, contact:

- For UF Health departments, GatorCare Wellness Coordinator **Morgan Papworth**, morgan.papworth@bcbsfl.com
- For UF departments, UF Wellness Coordinator **Kim Holton**, mkholt@ufl.edu



The Intro to Wellness presentation is also available as a four-minute video and can be accessed *here*.



Energize Your Day

Most of us spend more time recharging our phones than recharging ourselves. Taking effective breaks at work can improve mood, concentration, motivation and energy levels. Learn how to transform the way you work and bring more energy to your day by participating in any or all of the following:

■ Boost: 30 Ways in 30 Days

Discover ways to maximize your work breaks to improve focus, increase productivity and sustain your energy all day long. Sign up to participate and receive four weeks of daily boosts. Each boost, delivered to you via email, provides a short activity designed to help you renew and reenergize physically, mentally, socially, and spiritually. If you are an employee that doesn't use email on a daily basis, request a printed version! The program begins August 7. **To sign up, email morgan.papworth@bcbsfl.com.**

■ Booster Break Group Challenge

Start a group "booster break" with colleagues in your area for a chance to win a free lunch for your group! Using guidelines provided, start a regularly occurring community work break in your area. Submit a description and group picture by September 30 to be entered into a drawing to win lunch for your group (up to 20 group participants).

Click [here](#) for inspiration and submission instructions.

■ Schedule a Boost Presentation for Your Department

Ready to transform the way you work as a department? Schedule a Boost presentation for your group! This is a great precursor to Boost: 30 Ways in 30 Days and the Booster Break Group Challenge. Presentations are interactive and take about 45 minutes. **To schedule, email morgan.papworth@bcbsfl.com.**

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

Email HRS-WELLNESS@UFL.EDU



Gators Volunteer

Bring the Gator Good to Gainesville! Visit the [Gators Volunteer](#) website to discover the needs of the charities and groups that matter to you. Spend time helping those with special needs, our schools, veterans, those in crisis, animals, children and more. Make an impact in our community by volunteering today.

Get Involved, Become a Wellness Partner

Wellness Partners are representatives from departments across UF and UF Health who play a vital role in supporting employee wellness. Partners disseminate information, set up presentations and encourage participation in wellness initiatives. Partners also provide valuable feedback to help the Wellness Committee build a culture of health. For more information or to apply, visit the [Wellness Partner](#) webpage.



Set Your Intention for this Quarter

We, _____ (department), commit to the following this quarter:

- Stream the **Wellness Wednesday presentations** live and watch as a group
- Schedule an **Intro to Wellness presentation** in our department
- Participate in Boost: 30 Ways in 30 Days**
- Complete the **Booster Break Group Challenge**
- Schedule a **Boost presentation** for our department
- Request a **Meditative Coloring Kit**

