


Get up and go!

Each quarter of 2018, 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.



 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. **Or email hws-wellness@ufl.edu to sign up for the wellness listserv to receive the live stream links each month and join us online.**

REGISTER NOW! Register to attend in person for any of the following sessions by logging in to mytraining.hr.ufl.edu and go to the **Wellness Wednesday** course homepage. Click the blue registration button to select the session(s) you wish to attend and then click submit at the bottom of the page. Please note: If you have previously registered for a Wellness Wednesday, the registration button will read "Register Again." Registration is not required for online viewing. Live stream links will be sent out to the wellness listserv each month.

- **JANUARY 10**
How to Lose Weight and Keep It Off
Kathryn M. Ross, Ph.D., M.P.H., Assistant Professor, Department of Clinical & Health Psychology
- **FEBRUARY 7**
Coping with Chronic Pain: Strategies to Improve Quality of Life
Lori Waxenberg, Ph.D., ABPP, Clinical Professor, Department of Clinical and Health Psychology
- **MARCH 7**
Parks: Pathways to Health and Wellness
Stephen Holland, Ph.D., Professor Emeritus, Department of Tourism, Recreation and Sport Management



Workout of the Week (W.O.W.)

UF Health Fitness and Wellness brings you a new workout each week this quarter (January through March). Workouts will be sent to the wellness listserv and posted on the W.O.W. website at gatorcare.org/wow. Workouts will vary and limited equipment will be required.



IN THE KITCHEN: Field and Fork Cooking Series

Join Anna Prizzia, UF Campus Food Systems Coordinator, in the kitchen to learn tips and tricks for working with fresh veggies and get some new recipes to try. You'll have a chance to sample food, but please bring your lunch. Space is limited, and registration is required. **Email aprizzia@ufl.edu to register.**

All cooking will take place in the UF Dietetics Lab, Building 162 (adjacent to the Reitz Union) on Fridays from noon-1 p.m.

- What to Do with Winter Greens, February 16*
- Rethinking Root Vegetables, March 16*
- Spring Snacks and Sauces, April 13*
- Totally Tomatoes, May 18*

Spring Walking Challenge, Register by Wednesday, March 14

Form a team of four to fifteen 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 14 and the challenge begins Monday, March 19.** 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. Visit [UF's Bikes website](#) to find resources available to you on campus including the UF departmental bike share program, safety tips, and repair.

Sit Less, Get Active Online Course

Do you feel like you spend too much time sitting?

Use this free, online course to learn how to monitor your own activity and set goals. This class is offered through Coursera and features various examples of how physical activity can be increased in different settings, such as your neighborhood, home or work, so that you can discover the ones that best fit your lifestyle. Course begins Jan. 15.

[Register Now!](#)

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.**

■ Zumba, free

- Mondays (Mixture of Strong by Zumba, traditional Zumba, and Pound Fitness), 5:20-6:20 p.m. Cancer and Genetics Research Complex, Room 451, 2033 Mowry Road
- Tuesdays, 5:20-6:20 p.m. Cancer and Genetics Research Complex, Room 451, 2033 Mowry Road

■ Yoga, free

- Tuesdays, 12:15-1:00 p.m., Ustler Hall Atrium, 162 Fletcher Drive

■ Outdoor Fitness Adventure, free

- Wednesdays, 5:30 p.m., 30-45 minutes long, meet outside the north gates of the stadium, near the glass doors and gator statue.

For more information and updated schedules, visit the [GatorCare calendar at GatorCare.org/calendar](http://GatorCare.org/calendar).



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

Email HRS-WELLNESS@UFL.EDU