



Healthy Gators 2010

Highlights

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Relax with a New Podcast!

Take a 6-minute stress break by viewing or downloading a new relaxation podcast available on the Healthy Gators 2010 website: www.healthygators.hhp.ufl.edu. Two video options include beautiful photos of the University of Florida campus.

“Sleeping in the Swamp” Improves Sleep Quality

Sleeping in the Swamp is a 15-minute, on-line program featuring information on the benefits of sleep, a variety of sleep-related assessments, and several behavior change activities to help improve your sleep. Check it out on the Healthy Gators 2010 website in July.

Weeks of Welcome Events: July 9 & September 5

Healthy Gators 2010 is hosting two “Sleeping in the Swamp” health fairs as part of Weeks of Welcome. The events will take place at the Reitz Union Colonnade on July 9 and September 5 from 11:00 am to 1:30 pm. Contact Tina Baker at trbaker@ufl.edu or 392-1161 ext. 4281 for more information.

Plans Underway for a New Walking Program

Your help is needed to plan a new walking program called “The Walking Bus.” The program—to debut in January—is similar in concept to a regular bus but with people walking. Several routes, stops and schedules will be identified so people can easily join a group of walkers to de-stress and exercise over their lunch hour. Anyone is welcome to join the planning committee. Contact Cassie Howard at choward@hhp.ufl.edu or 392-9767 ext. 1 with suggestions or to help plan this worthwhile program.

Data Collection Work Group has a New Chair

Dr. Shirley Haberman, the new director of GatorWell Health Promotion Services, has been appointed to chair the Data Collection & Analysis Work Group. Plans are underway to conduct a comprehensive health survey of UF students by early spring. Contact Shirley at shirleyh@ufl.edu or 392-1161 ext. 4281 to join this group or help with this project.

Stomp Out Stress Fun Run is a Success!

A total of 370 students, faculty and staff participated in the first midnight fun run. Ninety-two percent of those who completed an evaluation said they will participate next year.



View a brief slideshow of the event on the Healthy Gators 2010 website, and mark your calendars for next year’s event--April 24!

Thanks to Our Event Sponsors:

Healthy Gators 2010, GatorWell, College of Health & Human Performance, Living Well, Division of Student Affairs, College of Dentistry, College of Agricultural and Life Sciences, Student Government Health Cabinet, WRUF-FM, Rock 104 and WRUF-AM 850.

Orange & Blue – A Healthy You!

www.healthygators.hhp.ufl.edu