

**FREE Convenient Resources to Build Fitness Into Your Day**

***Are you looking for quick and easy ways to incorporate more fitness into your everyday routine?***

We all know that exercise is an important strategy to increase \***personal resilience**\* and promote personal wellbeing and professional fulfillment. Finding time to squeeze it in between work and family obligations can be a challenge, but a recent study ([https://bjsm.bmj.com/content/early/2023/01/23/bjsports-2022-105669](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbjsm.bmj.com%2Fcontent%2Fearly%2F2023%2F01%2F23%2Fbjsports-2022-105669&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518364276%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nPUpvOSCc5W52jfMvdJOl3cxh3RXsdpci0p1jKTMrfQ%3D&reserved=0)) suggests that just 11 minutes of moderate exercise per day can have significant health benefits! UF and GatorCare Wellness offer a number of resources for faculty and staff to meet their fitness goals, including:

1. **15-minute**[**live-streamed workouts**](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.org%2Fwellness%2Fwellness-programs%2Ffitness-resources%2F%23live&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518520512%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rAjHBO%2B3N5mj95KxByRX7giYpEf7wWBfKBLpE%2BXk7o4%3D&reserved=0)facilitated by the GatorCare Wellness team Monday through Thursday (12:00-12:15pm) via Zoom. Classes are open to all faculty and staff. No equipment is required, and workouts are designed to be completed in small spaces wearing work attire. After registering, add the recurring Zoom invite to your Outlook calendar to get a pop-up reminder before each class. Choose the class(es) you wish to attend. No pressure-- attend when you can, skip when you can’t!

* Monday: *Jumpstart (cardio)*
* Tuesday: *Relax (mindfulness)*
* Wednesday: *Build (strength training)*
* Thursday: *Unwind (stretching)*

1. **Free** **Faculty & Staff Fitness classes:** <https://worklife.hr.ufl.edu/wellness/fitness-classes/>  🡨 *Click here for full information or contact Natalie Lezcano, the UFHR Wellness Coordinator, at*[*nlezcano-hr@ad.ufl.edu*](mailto:nlezcano-hr@ad.ufl.edu).

* [*Zumba*](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.us7.list-manage.com%2Ftrack%2Fclick%3Fu%3Dc27032d18a3faad5506a5437b%26id%3D5b4096f975%26e%3D07534b3d6e&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518520512%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GUXvdAve0KB3QZieYfMQuhsuiDiqs4KaZmslXnZuN8U%3D&reserved=0)*:* Tuesdays and Thursdays after work (5:30-6:15pm) at Professional Park. Click the link to register and drop-in whenever you can!
* *Free in-person Pilates classes***:** Every other Thursday (5:30-6:15pm) on the North Lawn in front of the Reitz Union
* *Stadium classes:*Every other Wednesday (5:30-6:15pm) at Ben Hill Griffin Stadium
* *Yoga classes:* Mondays and Tuesdays (12:15-1:00pm) on main campus

1. **Walking Challenges**

Work towards your wellness goals as you compete against yourself, friends, and colleagues in themed walking challenges. Visit [GatorCare.org/walking-challenge/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.us7.list-manage.com%2Ftrack%2Fclick%3Fu%3Dc27032d18a3faad5506a5437b%26id%3D80e8023c0f%26e%3D07534b3d6e&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518520512%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3hnIZoJ6gc5uPRgJK%2FxS2dGR99T1t5TrkgELzH9Qs6o%3D&reserved=0) to learn more and register!

* ***March (Global Cuisine Theme):* March 1 - 31 (Individual)**
* ***April (Moovin’ and Groovin’ Theme):*** April 1-30 (Team)

1. **Gaitors Run: Couch to 5K:** March 15 - April 29  
   Gaitors Run is a 6-week guided challenge that prepares you to run/walk a 5K at the end of April. Participants of all skill levels are welcome. Visit [GatorCare.org/c25k/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.us7.list-manage.com%2Ftrack%2Fclick%3Fu%3Dc27032d18a3faad5506a5437b%26id%3Dbb7d0c1d0f%26e%3D07534b3d6e&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518520512%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3nCey8%2FEv3WNfIR%2B2Y8hHot0sRQi7cwS0n1x2yAhmfk%3D&reserved=0) to learn more and register!
2. **UF RecSports** [**Recorded Workouts**](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2F%40UFRecSports%2Fplaylists&data=05%7C01%7Clmerlo%40UFL.EDU%7Cb4ca6c94c2414a5b8eee08db1a90d191%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638132981518520512%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6vAIqQixL1BFX0KuEpeFZLMXTABHr7UA57Z6nG%2BB0zA%3D&reserved=0) (on demand via YouTube): These workouts are typically 30 to 60 minutes, and there are plenty of playlists with different exercise types to explore.
3. **GatorCare Fitness Resources**:

* [Workout of the Week](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.org%2Fwordpress%2Ffiles%2F2021%2F12%2FWorkout-of-the-Week-All.pdf&data=05%7C01%7Clmerlo%40UFL.EDU%7C19a000a895c54121eb7f08db1b3844e3%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638133700723957722%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BBakmTGVKU29WUeFW%2Br4xz3D3soLglc2E%2B9zsW2bH8o%3D&reserved=0) (illustrated instructions to complete a quick workout on your own time)
* [Local walking maps](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.org%2Fwalking-maps%2F&data=05%7C01%7Clmerlo%40UFL.EDU%7C19a000a895c54121eb7f08db1b3844e3%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638133700723957722%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BUXxp0g8NdpNNAEgZ73DqKecy1UV8aQzCIPntokXAP0%3D&reserved=0) (illustrated routes for quick walking breaks ranging from 3-30 minutes around the UF and HSC campuses)
* [Month long challenges](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.org%2Fwordpress%2Ffiles%2F2020%2F06%2F2.-Morning-Mile.pdf&data=05%7C01%7Clmerlo%40UFL.EDU%7C19a000a895c54121eb7f08db1b3844e3%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638133700723957722%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BJEMGC5u7acKbseCtvSMPEwisRIjpnZRPBypUWogGO4%3D&reserved=0) (guides for varoius fitness challenges to complete on your own)
* And [MORE](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgatorcare.org%2Fwellness%2Fwellness-programs%2Fwindows-to-wellness%2Fphysical%2F&data=05%7C01%7Clmerlo%40UFL.EDU%7C19a000a895c54121eb7f08db1b3844e3%7C0d4da0f84a314d76ace60a62331e1b84%7C0%7C0%7C638133700723957722%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aYlLz1AktgmTeMTrogLWsO0sWyEA0PwhRaL%2FUjrsM7k%3D&reserved=0)!

1. **Live in Motion Discounted Membership with UF RecSports:** <https://recsports.ufl.edu/about/memberships/eligibility/>

Current UF Faculty, Staff and Affiliates can enroll in a Group Membership and receive a discount of up to $100 off. Members are also eligible for FREE Fitness Assessments. Discounts apply to annual memberships only.

1. **UF Employee Gym Discounts:** <https://benefits.hr.ufl.edu/gatorperks/discount-program/wellness-health/>

UF employees are eligible for gym discounts at many locations throughout Gainesville. These discounts range from waived intiation fees to discounted monthly payments.