UF COM Presents

“Celebrating Wellness” Kick-Off Week*

February 11-17, 2019

*An introduction to existing programs to encourage ongoing attention to wellness all 52 weeks of the year!

Watch for more information on scheduled events, and please sign up to participate in the weeklong individual walking challenge! (hosted by UF-UF Health Wellness & GatorCare)

Join the Grand Canyon step challenge!

This will be short and sweet, but you will be sure to work up a sweat to get to the top of this mile deep canyon. Your goal is to walk 10,000 steps every day during the challenge, from February 11th to 17th. Witness more than just the vastness of the canyon while traveling along this route. You will discover unique wildlife, beautiful falls and unforgettable views. As long as you keep moving and hit your daily goals, you’ll be at the end of this challenge peering back at all you’ve accomplished.

To participate, please complete the following steps before February 11:

   Step 1: Create an account on Walker Tracker at gatorcare.walkertracker.com
   Step 2: Click the following link to join the competition: https://gatorcare.walkertracker.com/competitions/46433?j=1

Participants can download the Walker Tracker app for easier use and can also sync their device to automatically load their steps.

Still have questions? Check out Walker Tracker’s Getting Started Guide and their Support Site

Need ideas on where to walk? Check out these walking maps created by GatorCare to find routes ranging from 3-20 minutes! http://gatorcare.org/walking-maps/