

UF Postdoc Wellness Expo

Participants:

- **Shands Fitness and Wellness Center**
- **Angie Blakemore Massage**
- **University Police Department**
- **Living Well**
- **Department of Recreational Sports**
- **Butterfly Pilates**
- **Ashtanga-Yoga-Gainesville**
- **Postdoc Social Committee**

Shands Fitness and Wellness Center

Shands Fitness and Wellness Center is one of Gainesville's newest fitness and wellness centers at which medical fitness is also available.

All aspects of our programs are aimed at helping people achieve a healthy and fit lifestyle that can last a lifetime. Whether just improving your fitness level, recovering from an injury or managing diabetes, high blood pressure or high cholesterol, Shands Fitness and Wellness Center is there to help. The Shands Fitness and Wellness Center is located in the Shands Cancer Hospital parking garage on SW 13th St. on the 1st floor.

Memberships starting at \$9.99 per month.

University Police Department

The University Police Department provides a variety of programs. The most popular program is the **R.A.D.** Program. R.A.D.-(Rape Aggression Defense) It is a basic self-defense course designed for women. The goal of **R.A.D.** is to educate, enhance, and empower women to take action in reducing their risk of victimization.

R.A.D. Educates by giving knowledge. Enhances skills by offering practice. Empowers by building confidence.

R.A.D. helps women develop the defensive mindset that says "I will survive!" It shows women that enhancing their options of physical defense is not only prudent but a necessity if natural resistance is to be effective.

Ashtanga-Yoga-Gainesville

Ashtanga-Yoga-Gainesville offers yoga classes in the Mysore style, or self-practice method. This is the traditional method of learning Ashtanga vinyasa yoga. Each student moves with their own breath through a sequence of postures appropriate for them. Students explore the postures while guided by hands-on adjustments and verbal cues from the teacher. Small groups allow the teacher to build a relationship with each student and their practice, allowing the teacher to address the specific needs of each student. Students of all levels are welcome to attend. No experience is necessary, just a willingness to learn.

UF Postdoc Wellness Expo

Angie Blakemore, LMT

MA# 62908

www.angieblakemore.com

It was personal experience that brought Angie Blakemore to massage therapy. Dealing with soreness in her leg that was not relieved by stretching, she went to a massage therapist. Relief for Angie came immediately.

That led her to learn about trigger-point therapy, and ultimately to massage school. She practices massage therapy in Orlando and Gainesville.

Because the body works as an integrated system, Angie's experience as a massage therapist and a fitness trainer enables her to provide maximum service to her clients.

As a licensed massage therapist and certified fitness trainer, her goal is to help you on the path to feeling your best.

Department of Recreational Sports

Activity and Service fees paid by students when registering for classes produce the majority of funding for the Department of Recreational Sports.

- A membership (or guest pass) is required to access the Southwest Recreation Center, Student Recreation and Fitness Center, Broward Outdoor Recreation Complex, register for Group Fitness Classes and Intramural Sports.
 - Faculty and Staff are allowed to participate in outdoor intramural sports and utilize outdoor fields and Lake Wauburg without purchasing a membership or guest pass.
 - Students are automatically assigned a membership for a semester in which they are registered AND paying A&S fees.
 - Please visit <http://recsports.ufl.edu/about/membership-services> for details on membership rates.
-

Butterfly Pilates

Butterfly Pilates is about transforming your body through increased flexibility, balance, and strength. We want our clients to move with confidence and grace, and without pain. We are committed to helping you enjoy the benefits of better health, greater strength and flexibility throughout your daily life so you can live with freedom and self- assurance.

We strive to create a positive, non-intimidating environment in which our instructors are responsive to your individual concerns. We use primarily Balanced Body Pilates equipment: chair, ladder barrel, step barrel, arc barrel, cadillac, and reformer as well as numerous props and accessories.

Group classes and Individualized Pilates Sessions are available either on our equipment or the mat.

UF Postdoc Wellness Expo

Cassie Macias – Director

clmacias@hhp.ufl.edu

Kathleen Ochipa – Program Assistant, Membership Services

kochipa@ufl.edu

352-294-1629



January Special: 13 for 2013- all new memberships receive an additional month FREE

LIVING WELL Employee Wellness Program, Where Healthy Gators Thrive

Who? Exclusively for UF employees, spouses, alumni

What?

- Cardio and strength equipment
- Free weights
- Stretching area
- Group fitness
- Fitness assessments, heart rate and blood pressure screening, body fat testing
- Wellness workshops

When? M-R 6am-7:30pm, F 6am-6:30pm, Sat 11am-4pm, Sun closed

Where?

- Located east side, ground floor of Ben Hill Griffin Stadium, adjacent to west side of Florida Gym
- Walk, bike, bus, park – parking is free to LW members

Please contact Kathleen Ochipa (kochipa@ufl.edu) for additional information, to schedule a tour of Living