

## Example Past Initiatives:

- A cross campus collaboration to create a new "learn to play" pickleball program for employees which has now been incorporated in a permanent recess league at Athletics & Recreation.
- Organization of a departmental baseball game, engaging in collective physical activity and play.
- Creation of the U of G Yoga and Meditation Collective to promote mental and physical well-being offering free yoga classes to attendees.



# Wellness @Work

## Grant Program: Yoga and Fitness Classes

**Description of Grant (\$1000 max):** Create an innovative yoga or fitness activity to improve employee mental/physical and emotional health through fostering community building and connection.

### The Benefits

- Research has documented the health benefits of regular moderate-intensity physical activity, including reduced absenteeism, increased capacity to manage stress, and improved productivity and overall well-being (Cooper et al., 2016).
- Regular yoga practice enhances physical, psychological, and mental health, improves physical strength and flexibility and reduces stress (Acharya et al., 2021).
- In adults, physical activity contributes to prevention and management of noncommunicable diseases such as cardiovascular diseases, diabetes and reduces symptoms of depression and anxiety and enhances brain health (Dhuli et al., 2022).
- While individual exercise improves physical health, social physical activity, such as team sports, group classes, or walking clubs, provides additional improvements in mental health, and higher levels of enjoyment and adherence (Davis et al., 2021).

### Key Considerations

- Clearly identify the intention for the chosen activity, and how it will support well-being, social, physical and mental health.
- If collaborating with another department, consider the benefits of the collaboration.
- Consider court rental, location, time of day, equipment and instructor(s).
- Ensure activities incorporate all levels of ability and are accessible and inclusive (Block & Fines, 2022).
- Contact Athletics & Recreation to support with booking relevant fitness spaces and booking an instructor.