Healthy Workplace Initiatives Program

Departmental Health Challenge

Total Funding Awarded: $2500
Your Role
By implementing a health challenge you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

The Benefits of Workplace Health Challenges

- Health challenges that incorporate physical activity have shown positive effects on exercise levels, overall health, burnout and job satisfaction.¹
- Team based challenges have been proven as very effective methods of creating healthier people and healthier workplaces.²
- Participants who take part in health challenges report higher levels of willingness to improve lifestyle behaviours and a greater self-reported quality of life.³

Approved Uses of HWIP Health Challenge Funding

- Prizes, Incentives or Trophies (to not exceed $500)
- Food and catering (not to exceed $500)
- Promotional material (to not exceed $100)
- Small equipment purchases (to not exceed $300)*
  - Includes pedometers (excl. fitbits/jawbones etc.)
- Room rental fees
- Instructor or facilitator fees
- Workshop costs
- Kick off/wrap up event

*all equipment purchased (including pedometers) must remain the property of the hosting department/unit. They must be returned and accounted for at the end of 1 year and cannot remain in the possession of individuals.

³ Health benefits achieved through the Seventh-Day Adventist Wellness Challen...: EBSCOhost. at <http://web.b.ebscohost.com.ezproxy.library.ubc.ca/ehost/detail/detail?sid=15ec9ea7-fcb1-4d58-aec0-2de58671c7c3%40sessionmgr114&vid=1&hid=105&bdata=JnNpdGU9ZWhvc3QtbGl2ZSzhY29wZT1zaXRN#db=mnh&AN=11076448>
Non-approved uses of this funding

- Operational expenses
  - Hiring of faculty/staff to coordinate or support the program
  - Items that fall within the responsibility of the department to provide
  - Renovations, furniture, artwork or special equipment purchases
- The purchase of gift cards or certificates of any denomination (these are considered taxable benefits by the CRA and are not permitted under UBC’s purchasing guidelines for gifts/prizes).
- The purchase of stereo or electronic equipment
- The purchase of fitbits/jawbones and other fitness tracking devices
- Individual monetary reimbursements for gym memberships/fitness classes/entry fees
- Charitable donations in either an employee’s name or the department’s name

Implementation Instructions

- Survey potential participants to determine preferences for activities to maximize participation
- Possible challenges:
  - Stair challenge
  - Step/walking challenge
  - Healthy eating challenge
  - Water challenge
  - Get creative!
- Options for implementation:
  - Run each challenge separately for 4-6 weeks over the period of one year
  - Run more than one challenge at once (e.g., healthy eating and water) for 4-6 weeks, followed by a break and then run it again. People can try and beat their scores.
  - Run the challenges in teams or for individuals. Alternately, people could track both and prizing can be awarded based on team points and individual points
- Prizing and Awards:
  - Important to award participation and compliance in addition to performance
  - Consider including spirit awards, awards for sticking with the challenge the whole way, awards for most improved etc...

Examples to Support Implementation

**UBC’s Walkabout: 9 week walking program**
Information that can be used to run your own!
**Healthy UBC’s Pick Your Peak Stair Challenge**  
Information and details that can be used to run your own!

**Staff and Faculty Sports Day-Vancouver**

UBC Vancouver: MoveU Crew: suzanne.jolly@ubc.ca

The MoveU Crew coordinates and delivers guided movement breaks and walks on campus. Looking for a stretch break to add into a long meeting or retreat? Want an enthusiastic guide for a team walk? Book the MoveU Crew for free!

**Staff and Faculty Sports Day-Okanagan**

Write this on your calendar and register to compete!

**Best Practices and Additional Resources**

- [Workplace Health Challenges: How To](#)
- [Healthy Activity Ideas](#)
- [Take Action Health Challenge Guide](#)
- [Globe and Mail 30 Day Health Challenge](#)
- [Nourish Café Cooking Classes-Vancouver](#)
- [Fitcity Tours-Vancouver](#)