



## Healthy Workplace Initiatives Program Yoga/Fitness Classes

Total Funding Awarded: \$2500

UBC Human Resources  
604-822-8762  
[www.hr.ubc.ca/health](http://www.hr.ubc.ca/health)



## Your Role

By implementing yoga or fitness classes 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 Yoga/Fitness Classes

### Yoga programs

- Yoga programs directed by experienced trainers conducted at the worksite have been shown to improve anxiety among workers<sup>1</sup>
- Workplace based 12-24 week yoga programs show positive impacts on both mental and physical health factors
- These impacts include reductions in perceived personal stress and lower back pain and improvements in sleep quality, focus and energy<sup>2 3 4</sup>

### Aerobic/Weight Bearing Fitness classes

- Physical activity promotes additional stress relieving techniques such as better sleep, muscle relaxation and deep breathing<sup>5</sup>
- Increase aerobic fitness has been found to reduce muscle tension, heart rate as well as perceived work stress<sup>6</sup>
- Workplace based 8-24 week aerobic fitness programs have been shown to improve depressive symptoms, help prevent osteoporosis as well as improving stress and quality of life<sup>7</sup>

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<sup>1</sup> Bhui, K. S., Dinos, S., Stansfeld, S. A. & White, P. D. A Synthesis of the Evidence for Managing Stress at Work: A Review of the Reviews Reporting on Anxiety, Depression, and Absenteeism. *J. Environ. Public Health* **2012**, 1–21 (2012).

<sup>2</sup> Shields, M. Stress and depression in the employed population. *Heal. Rep.* **17**, 11–28 (2006)

<sup>3</sup> Webster, J. R., Beehr, T. A. & Love, K. Extending the challenge-hindrance model of occupational stress: The role of appraisal. *J. Vocat. Behav.* **79**, 505–516 (2011).

<sup>4</sup> Naghieh, A., Montgomery, P., Bonell, C. P., Thompson, M. & Aber, J. L. Organisational interventions for improving wellbeing and reducing work-related stress in teachers. *Cochrane database Syst. Rev.* **4**, CD010306 (2015).

<sup>5</sup> Watt, D. Exercise and Stress: Work Out to Work it Out In. *Run. Fit.* **29**, 1–3 (2011).

<sup>6</sup> Ritvanen, T., Louhevaara, V., Helin, P., Halonen, T. & Hänninen, O. Effect of aerobic fitness on the physiological stress responses at work. *Int. J. Occup. Med. Environ. Health* **20**, 1–8 (2007).

<sup>7</sup> Atlantis, E., Chow, C.-M., Kirby, A. & Singh, M. F. An effective exercise-based intervention for improving mental health and quality of life measures: a randomized controlled trial. *Prev. Med. (Baltim.)* **39**, 424–434 (2004).



## Approved Uses of HWIP Yoga/Fitness Funding

- Instructor fees (excluding insurance and professional fees)
- Room rental fees
- Promotional material (to not exceed \$100)
- Small equipment purchases (to not exceed \$200)\*

*\*all equipment purchased must remain the property of the hosting department/unit*

## Non-approved uses of this funding

- Operational expenses
  - Hiring of faculty/staff to coordinate or support the program
  - Instructor reimbursement of private insurance or professional fees
  - Items that fall within the responsibility of the department to provide
- The purchase of stereo or electronic equipment

## Implementation Instructions

- Survey potential participants to determine best time of day/week for classes to maximize participation
  - Consider offering classes at different times to accommodate a variety of schedules
- Requirement of use of on-campus facilitators from either UBC Recreation, UBC Bodyworks or the UNA community Centres.
- Options:
  - Two 12 session programs, with one class per week
  - One 24 session program, with one class per week
  - One 12 week program, with two classes per week
- Drop-in or Registration fee options:
  - Drop-in of \$5 per class
  - Registration fee of \$50 per person for a 12 week session
- All fees collected are for use towards the maintenance and sustainability of the program



## Contacts for Implementation

### **UBC Vancouver**

UBC Recreation: [src.operations@ubc.ca](mailto:src.operations@ubc.ca)

UBC BodyWorks: [kin.outreach@ubc.ca](mailto:kin.outreach@ubc.ca)

University Neighbourhood Association (UNA) Centres: [programs@myuna.ca](mailto:programs@myuna.ca)

-Old Barn Community Centre

-Wesbrook Community Centre

MoveU Crew: [suzanne.jolly@ubc.ca](mailto: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!

### **UBC Okanagan**

Campus Recreation: <http://camprec.ok.ubc.ca/welcome.html>

## Best Practices and Additional Resources

UBC's Fitting in Fitness webpage:

<http://www.hr.ubc.ca/health/health-and-wellbeing/fitting-in-fitness/>

Yoga Tips for Beginners:

<http://www.yogajournal.com/category/beginners/>

Fitness Blender videos:

<https://www.fitnessblender.com/videos>