Healthy Workplace Initiatives Program

Yoga/Fitness Classes

Total Funding Awarded: $2500
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\(^1\)
- 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\(^2\)

Aerobic/Weight Bearing Fitness classes

- Physical activity promotes additional stress relieving techniques such as better sleep, muscle relaxation and deep breathing\(^5\)
- Increase aerobic fitness has been found to reduce muscle tension, heart rate as well as perceived work stress\(^6\)
- 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\(^7\)

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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
- 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).

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

UBC BodyWorks: kin.outreach@ubc.ca

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

- Old Barn Community Centre
- Wesbrook Community Centre

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!

**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