



## **LRTA MEMBER WELLNESS GRANT – Suggested Wellness Activities**

LRTA members are encouraged to put forward proposals for events that support any dimension of member wellness. Grants will be made available to groups of teachers interested in hosting or participating in wellness activities that comply with public health orders. Members are welcome to apply in school groups or in groups made up of members from multiple worksites. The following non-exhaustive list is provided to offer suggestions and spark ideas for diverse and meaningful wellness events.

### **PHYSICAL WELLNESS**

Any activity organized to support or promote the physical wellbeing of LRTA members. Suggestions include:

- Fitness Classes (HIIT, Step, Boxing, Barre, Strength Training, Cycling, etc.)
- Running/Walking Clubs
- Fitness Coaching Sessions
- Outdoor Sport Lessons or Clubs
- Fitness Challenges
- Nutrition Presentations (Nutritionist, Dietician)
- Meal-prep Sessions
- Cooking Classes

### **CREATIVE/INTELLECTUAL WELLNESS**

Any activity organized to support or promote the creativity of members and/or the intellectual wellbeing of LRTA members. Suggestions include:

- Paint Night Sessions
- Creative Writing Workshops
- Knitting or Crochet Clubs
- Language Classes
- Poetry Sessions
- Music Lessons
- Virtual Board Game Tournaments

### **SPIRITUAL/MENTAL WELLNESS**

Any activity organized to support or promote the spiritual and mental wellbeing of LRTA members. Suggestions include:

- Meditation Sessions
- Yoga Classes
- Art for Meditation Experiences
- Outdoor/Nature Activities
- Book Clubs
- Presentations on Stress-reduction Techniques
- Journaling Sessions
- Activities to Promote a Healthy Work/Life Balance

### **FINANCIAL WELLNESS**

Any activity organized to support or promote the financial wellbeing of LRTA members. Suggestions include:

- Investment Education
- Financial Literacy Sessions
- Presentations on Budgeting, Investing and/or Financial Wellness
- Book Studies