



Scorecard of Activities – Health & Wellbeing

Activity	Description	Photo Proof
<p>Go on a hike in a local conservation area To see a list of accessible areas, check out https://trca.ca/about/accessibility-trca-facilities/</p>	<p>Visit one of Toronto and Region Conservation Authority's many natural areas. Get out and explore nature and get your body moving at the same time! Being in the natural world can remind us why it is important to protect it.</p>	<p>Upload a photo of yourself exploring TRCA conservation areas. In the file upload please include the name of the Conservation Area.</p>
<p>If it works for your body, use human powered transportation for one errand you would typically drive or use public transit for</p>	<p>Reduce carbon pollution and get your steps in all-in-one go! Choose one errand you typically do via car or public transit and use your bike or walk instead.</p>	<p>Upload a photo of you taking human powered transportation</p>
<p>Get your body moving in a way that works for you</p>	<p>Take a virtual dance class, do yoga in your backyard, go for a run, play a sport - do whatever your body likes to do to get moving and stay active! Physical activity is good for more than just your physical wellbeing. Stress reduction and increased energy levels are just some of the additional benefits.</p>	<p>Upload a selfie of your physical activity</p>
<p>Go vegan for one dinner</p>	<p>Meat and dairy specifically account for around 14.5% of global greenhouse gas emissions, according to the UN's Food and Agricultural Organization (FAO). You don't have to give meat and dairy up entirely to make a difference! Reduce your impact and commit to one</p>	<p>Upload a photo of your vegan meal.</p>



	<p>plant based dinner. Remember, you can do this more than once and earn points every time!</p>	
<p>Buy local, seasonal, and fairly traded foods</p>	<p>Buying local supports our communities, helps the environment, and contributes to a healthier lifestyle by adding more fruits and veggies to your diet.</p>	<p>Upload a picture of your local foods purchase.</p>
<p>Make meditation part of your routine for one week</p>	<p>Whether you choose to use guided meditations (there are many on YouTube!) or sit quietly watching your thoughts, even a few minutes a day has been shown to reduce stress and promote calmness.</p>	<p>Upload a picture of yourself after a meditation practice.</p>
<p>Learn a new skill that brings you joy</p>	<p>Learning new skills can boost confidence, increase pleasure, and keep your brain sharp. Take a class in that hobby you have always wanted to try - photography, gardening, woodworking, automotive repair...the options are endless!</p>	<p>Upload a picture of you practicing your new skill.</p>
<p>Learn about emotional regulation and teach the kids in your life</p>	<p>Learning how to effectively manage our emotions gives us better control over our actions and ultimately our outcomes. Passing these skills onto the children in our life benefits their academic, social and moral development.</p>	<p>Upload a selfie while reading "What is Emotion Regulation? + 6 Emotional Skills and Strategies"</p>
<p>Include a Wellness moment before meetings</p>	<p>Introduce a new tradition before meetings: a 2-minute</p>	<p>Upload a photo of your wellness moment.</p>



	stretch break, squats, jumping jacks, or breathing exercises - be creative!	
Hold a Step Challenge	Promote a step challenge in the workplace. You can encourage all employees to record their steps around the workplace or their neighborhood each day to promote being active while working from home.	Upload a photo of a poster or a screenshot of an email you have sent to staff to encourage them to take part in the step challenge. Ask staff to take photos of themselves while walking outdoors.
Hold a virtual exercise class series	Host a series of virtual exercise classes. This can be anything from dance to kickboxing to yoga - get creative!	Upload a photo of your exercise class
If you have an open cafeteria, ensure healthy, affordable options are available	Work with your cafeteria manager to ensure a variety of healthy, affordable meals that meet dietary restrictions (vegetarian, lactose free, Halal, Kosher, and so on) are available.	Upload a photo of your menu
Start an employee food garden	Give your colleagues an opportunity to plant, maintain, and harvest from a company garden. Company gardens enhance sustainability, improve employee health and wellness, attract and retain high quality candidates, give back to the local community, and garner positive press.	Upload a photo of your company garden.



<p>Hold a regular mindfulness or meditation session lead by an experienced practitioner</p>	<p>Support employee’s mental wellbeing by providing a regular meditation group lead by an experienced practitioner. A 20-minute lunch time meditation can go a long way to increase wellbeing, boost productivity and generate calmness.</p>	<p>Upload a photo of one of the meditation sessions.</p>
<p>Plant a Monarch Friendly Garden</p>	<p>Plant a monarch friendly garden at your workplace and create a space that is not only beneficial to pollinators like bees and butterflies but is also fertile grounds for lifelong learning.</p>	<p>Upload a photo of your monarch friendly garden.</p>