

# Keep Moving for Wellness!

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## Overview

**Keep Moving for Wellness!** is an exciting new initiative to build a culture of wellness in our Division, and then radiate that joy out across UCSF. Our goal is to create a healthier landscape of wellness in our workplace and throughout our lives, and we will do this by supporting specific group activities to cultivate health and well-being.

## Data Snapshot

Yoga classes offered: 6

Tai Chi classes offered: 2

Dance classes offered: 1

Flagging events offered: 1

UC Moves events offered: 1

Overall ranking in UC Moves: #71



## Project Details

**Keep Moving for Wellness!** brought an exciting series of fun group activities – yoga, Tai Chi, dance, and more – into the workplace so everyone could incorporate healthy movement into the day, every day. We wanted to demystify activities for beginners, and give a refresher to people wanting a “tune up” to get back into regular practice. We made all activities fun and welcoming, so that people didn’t worry about sessions being stressful or competitive.

Our greatest success was in creating a community of wellness in our workplace. We learned that one of our colleagues is a trained yoga instructor, and another is an award-winning dancer. Another colleague even stepped up spontaneously and offered to create a flagging event. Our mini-grant goals were multiplied manyfold as a result, and we were able to offer significantly more classes and types of activities than originally envisioned. Some of these events are ongoing, and we really feel we’re creating a new culture of wellness in our division.

Our mini-grant activities led into UC Moves, where we had our most enthusiastic team ever – we had record participation and finished #71 out of the entire UC system!

## Project Challenges

Our biggest challenge was the current funding environment. Many of our colleagues find their time is now spent scrambling for new funding and new opportunities – which leaves less time for wellness. We believe our mini-grant offered important resources to help combat stress in challenging times.

## Lessons Learned

Remote offerings in the era of hybrid work fostered an expanded sense of community, and reached people at all ability levels. Offering a wide variety of activities meant that we reached more people than if we had only offered one type of activity.

One unexpected lesson learned was the way our activities fostered a sense of participation and ownership – people from our division came forward to volunteer leading new activities and events that greatly expanded our offerings and led to ongoing initiatives that will continue after the mini-grant is over.



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