



HEALTH AND WELLNESS CHALLENGE GRANT DEADLINE FEBRUARY 15, 2019

The purpose of the Health and Wellness Grant is to promote mental and physical health in the legal community.

Each Local Bar Affiliate may submit one application for a grant award up to \$500 towards an event that promotes health and wellness in the legal community *AND* corresponds with your participation in our 2019 Health & Wellness Affiliate Challenge this May. Participation in this event is mandatory in order to be eligible for a grant this year.

Grants will be announced in April and awarded on or around May 1st. Affiliates must use the hashtags #stigmafreeyld, #flayld and #WellLawyer on all communications sent via social media regarding the event. The YLD will assist in promoting your events when you tag us in social media posts.

Affiliates must also add their Challenge and related events to the Find An Affiliate website to be eligible to receive Grant funding.

Name of Young Lawyers Affiliate: _____

Proposed date of project (must be held in May 2019): _____

Proposed location of the project: _____

Individual Contact Name: _____ Phone Number: _____

Contact Address (i.e., the address where The Florida Bar should send the award):

Budget. Please attach a detailed project budget. Your allotted budget may be used to purchase non-alcoholic refreshments and food, gifts, party favors/prizes, invitations/marketing materials, event room rental, cost of a fitness instructor, etc. Your budget may not include reimbursable items for staff or attorney time, planning meeting space, alcoholic beverages, or travel reimbursements. If your requested budget includes those items, you must show income outside of the requested funds to cover these expenses.

Exhibits/Attachments. Please attach any other necessary exhibits.

To submit your grant application, email an electronic copy (via PDF) to Program Administrator Tom Miller at TMiller@flabar.org no later than COB on February 15th. You will receive a confirmation email. Submitting an application will serve as authorization to post, duplicate, and/or disseminate all, or portions of, your application at the sole discretion of the YLD Board of Governors. Please title your PDF Submission using the name of your affiliate and the type of grant for which you are applying. For any questions, please contact Health and Wellness Co-Chair Natasha Dorsey at natashadorsey11@gmail.com.

HEALTH AND WELLNESS CHALLENGE CHECKLIST

- Step One: Choose a Committee Chair to Coordinate the Challenge.**
 - Depending on the size of your affiliate, you may create a challenge committee.

- Step Two: Decide who can Participate in the Challenge.**
 - Will your challenge be open to young lawyers, all lawyers, and/or law students?
 - The more inclusive your challenge, the more participation you will receive.

- Step Three: Figure out how to Communicate the Challenges to Participants.**
 - Facebook Groups make it easy for participants to support /get to know each other.

- Step Four: Set out your Specific Challenge(s).**
 - Challenges can relate to any aspect of health and wellness, not just physical fitness.
 - Check out our tips for choosing your challenge on the following page.

- Step Five: Determine how Members will Submit their Participation.**
 - Many activities will have to be judged using the honor system, and that is okay.
 - Websites like <https://www.countit.com/#/> can also help you track participation.

- Step Six: Set out the Prizes.**
 - Consider having daily challenge winners, fun challenges, and an overall winner.
 - Partner with local businesses for the prizes (such as free fitness classes).

- Step Seven: Market the challenge.**
 - Create a timeline for promoting your challenges via email and social media.
 - Encourage your group to share photos of their challenge on social media.

- Step Eight: Start the Challenge!**
 - Tag @FlaYLD in your social media posts so we can promote your challenge.
 - Use the hashtags #StigmaFreeYLD and #WellLawyer to promote your challenge.

- Step Nine: Celebrate your Success!**
 - Throw an end-of-the-challenge party to announce the winners and celebrate.
 - Apply for a YLD Health & Wellness Grant to help cover certain costs.

□ **Step Ten: Keep the Community Going Beyond the Challenge!**

- Having a strong support system is be critical to lawyer well-being.
- Consider keeping the challenge going indefinitely!

Tips for Choosing Your Challenge

- Your challenge should be as inclusive as possible. Consider providing options so that everyone can participate regardless of their fitness level, physical limitations, or disability.
- Your challenge can relate to any aspect of health and wellness, including mental health, attending cultural events, or even meditation. Don't be afraid to think outside the box.
- If the challenges are too strenuous, you may scare off participants. Consider offering options that appeal to beginners, not just those who already have a good physical fitness practice. For example, counting the number of steps is a better challenge then the number of miles someone can run.
- Challenges should include reasonable limits so that no one can gain too many points too easily. Consider including minimums and maximums for each activity.
- If you choose multiple activities, then ensure that no single activity is worth significantly more than another. The goal is to encourage repeated participation.

Challenge Ideas

- 5,000 steps a day
- Submit a healthy recipe
- Attend a fitness class
- Attend a mindfulness class
- Meditate for 20 minutes
- Do a squat or plank challenge
- Drink eight glasses of water a day
- Push up challenge
- Take the stairs to work day
- Mentor a law student
- Attend a therapy session
- Volunteer at a local shelter
- Challenge a local affiliate