LSA Expense List

Standard & Custom Expense Categories

Physical Well-being

- Health assessments
- Gym & health club memberships
- Fitness/exercise classes
- Personal Training
- Massage therapy
- Athletic Apparel - including sweatbands, gloves, etc.
- Shoes - athletic sneakers or sport-specific (cycling, climbing, etc.)
- Exercise & fitness equipment - (treadmill, bicycle, weight bench, free weights, mats, etc.)
- Outdoor sports equipment (baseball, basketball, soccer, football, etc.)
- Skis/Snowboards, bindings, boots & poles, passes/rental equipment
- Golf and Tennis club/court fees, lessons and related equipment
- Bicycles, canoes, kayaks, and associated car racks (roof, hitch, etc.)
- Exercise books & videos
- Nutrition counseling, classes, books and apps
- Fitness tracking equipment (pedometers, heart rate monitors, fitness bands & smart watches)
- Yoga studio membership & classes
- Rock climbing facility/lesson fees
- Pool/swimming membership & lessons
- Hiking/park passes/fees
- Sports/activity league/field fees
- Athletic event registration fees (5K run/walk, cancer walk, etc.)
- Dance lessons
- Martial Arts classes/memberships
- Weight loss program/classes
- Smoking cessation and addiction counseling
- Alternative healing treatments

Mental Well-being

- Personal or marital counseling and other therapy sessions
- Life Coaching
- Spiritual or leadership retreats
- Museum tours
- Art classes
- Musical Instruments and related classes
- Cooking classes
- Language lessons
- General interest courses
- Adoption and related expenses
- Childcare: after school, camps, general daycare
- Child Tutoring
- Elder Care

General Expenses

- Home office furniture and home office upgrades
- Computer equipment - monitor, modem, router, keyboard, camera, mouse, docking station
- Internet provider fees
- Printer and ink cartridges
- Pet Care, grooming, veterinary or other pet-related expenses

Physical Wellness

- Athletic Equipment and Accessories
- Exercise Equipment
- Gym, Health Club, Spa and Fitness Studio Memberships
- Fitness Classes (Yoga, Pilates, spin/cycle, dance, etc.)
- Lessons (golf, swimming, tennis, dance, etc.)
- Personal Trainer
- Fitness Trackers
- Fitness/Exercise Classes
- Entry Fees (marathons, leagues, etc.)
- Passes (Ski, snowboard, golf, swimming, etc.)

Financial Wellness

- Student Loan Reimbursement
- Homes Purchase Expense Reimbursement (down payment, closing costs, etc.)
- Financial Advisor and Planning Services
- Financial Seminars and classes
- Identity Theft services
- Pet Insurance premiums

Emotional Wellness

- Meditation classes
- Non-medical counseling (marital, parental, etc.)
- Retreats (leadership, spiritual, etc.)
- Pet Care (walkers, day care, grooming, etc.)
- Camping (equipment, fees, etc.)
- Personal Development classes (art, cooking, etc.)
- Annual Park Pass
- Hunting and Fishing Licenses

Financial Well-being

- Financial Planning, tax prep, financial advisor expenses
- Financial apps, self-help courses, books, etc.
- Home security and personal data protection
- Student loan payments
- Estate and retirement planning expenses
- Non-profit donations