



Active Meetings

Excessive sitting impacts the body's metabolic system and harms circulation. It also causes decreased breathing efficiency and aches and pains to the body from being in fixed positions that the body does not like. Incorporating movement into meetings increases energy and productivity.

Suggestions to Make Meetings More Active:

- » Include items on your meeting agenda that require participants to get out of their seats (such as breakout groups or activities where participants stand and write ideas on an easel).
- » For every hour of meeting, take three minutes to get out of the chair and move about the room (see the stretches below).
- » For half- or all-day meetings, hire a certified fitness professional to lead a 30-45-minute class (Pilates, yoga, tai chi, stretching or Zumba) before or during the meeting.
- » Recommend attendees take the stairs instead of the elevator. Provide signs to the meeting with options to take the stairs. Put arrows to the stairs in front of elevators.

For Multi-day Meetings:

- » Choose meeting locations that are movement friendly: is the neighborhood walkable, close to a park, or walking distance to restaurants, shopping and activities? If the meeting is at a hotel, confirm that the hotel offers an on-site gym.
- » Organize a group walk early in the morning, at a break or before/after dinner.
- » If dinner is not provided, find a healthy restaurant nearby and have an option to do a group walk to dinner.

Lead your meeting participants through some basic stretches:



March in Place



Neck Stretch



Shoulder Rolls



Hip Circle



Chest Stretch



Side Stretch