

Healthy Meeting Best Practices

Creating a culture of health and wellness at UC ANR is easy. Try these quick tips and make all your meetings healthy, productive and focused!



Plan mini-breaks every hour into your agenda

- Include formal or informal stretch/dance/movement breaks.
- Invite attendees to stretch or stand at any time.
- Be mindful: open or close your meeting with a five-minute breathing or meditation exercise.

Make water first for thirst

- Always offer water, preferably from the tap using reusable pitchers.
- Mix it up: Try cold, infused fruit or herb water instead of sugary beverages or sodas.



Up brain power with fruits, veggies and whole grains

- Try fresh fruit, cut veggies and hummus, unsalted nuts and whole grains for snacks.
- Remember - smaller plates allow for better snack-size portions.

Go green - reduce, reuse and recycle

- Encourage attendees to bring their own cups, plates, utensils and refillable water bottles.
- Use locally sourced refreshments.
- Instead of printing agendas or handouts, email copies before the meeting!
- Opt for reusable, compostable and recyclable goods.

