



Below are some group work ideas generated at e4 and at other conferences:

WELLNESS LOUNGE IDEAS

1. Quick Fit

- Open space with minimal seating
- Music
- Circuit station (30 seconds each; must lunge from one station to the next)
- Walk/jog in place
- Water stations
- Stretch bands (brand the band)
- Wine station at the end of the circuit
- Oxygen bar

Sponsors:

- Local gym
- Insurance company

2. General Zone

- Wine & chocolate bar
- Power naps
- Shoulder / neck massage
- Prize to who did the most activity during the day
- Follow-up challenge with your buddy (just reconnect within 5 days of the conference)
- Discount for next year's registration if you and your buddy stay with it
- Yoga session
- Walking session

2. Health & Hydration Station

Overall look:

- Blue & green lighting on white backdrop
- Flowing fountains and chairs along perimeter

www.x-bytes.com

1.855.8xbytes kim@x-bytes.com @Xbytes

Activities:

- Pilates
- Yoga

- Infused water (cucumbers, strawberries, blueberries) with blending competitions
- Smoothies & energy drinks

Sponsorships:

- Water bottles
- Logo stretch bands
- Logo towels

3. Have a Ball Wellness Zone

- Superfood snack bar
- Smoothie / juice bar
- Music
- Workout balls & bands (sponsored)
- Provide specialized walking sessions with maps around the location
- Mood lighting
- Aromatherapy

4. Serenity / Energy Zone

- Flavored water
- Healthy food bites
- Seated massage
- Guided meditation
- Yoga mats
- Gentle stretching
- Exercise ball
- Resistance bands
- Guided workouts
- Fit in 15 minutes

5. Separate Wellness Room

- Hand weights
- Jump ropes
- Yoga balls
- Bands
- Mats
- Chair massages

- Healthy food and drink
- Space or view to meditate

WELLNESS CHALLENGES

Before the Conference Day

- Set reminder to pack tennis shoes
- “What you need to know before you go”
- Pack healthy snacks
- Isometric exercises on plane
- Invite to pre-conference walk
- Walking / distance markers that tell the distance or steps to landmark
- Walking tour
- Walkable dinner option from venue
- Morning of conference: sunrise stretch, walk or yoga; healthy breakfast options
- Healthy snacks shopping trip
- Run, walk, yoga
- Line dancing
- Water aerobics
- Spin classes
- Smoothies/juicing
- Get outdoors
- meditation

During the Conference

- Walking maps with step challenges (for rewards)
- Power nap stations
- Stand up challenges
- Step challenge
- Hydration challenges
- Wellness lounge
- Pre-session stretches
- Fitness break with trainer
- Invite Dr. Kim to present info (!)
- Nutritionist to speak to attendees
- Choose outside location for meeting
- Walking meeting / session with headsets
- Onsite massages (chair massages, reflexology)
- Provide energy drinks and juices (kale, natural juices)
- Provide exercise balls to sit on during session (instead of chairs)
- Raw food / health food demos

- Healthy snacks
- 15 minute walks to meetings
- Chair yoga

After the Conference

- Salsa/line dancing in the foyer space
- Competitions (putting contest, basketball hoops) in game/activity room
- Meditation
- Yoga and stretching
- Challenges (step challenge, hydration challenge)

Throughout the Year

- Newsletter
- Web forums
- Social media challenges
- Sponsored water bottles / step counters
- Pictures of working out
- Conference challenges