

## Movement Ideas for Healthy Meetings, Conferences and Events

The DHS-OHA Healthy Meetings, Conferences and Events Policy requires that meeting coordinators offer at least one 10-minute break for meetings lasting at least 90 minutes and at least 30 minutes of break time for meetings lasting six or more hours. At least 10 minutes of break for each hour of meeting over 90 minutes is recommended.

### Getting Started

Meet with others in your organization who have successfully planned healthy meetings. Wellness committees can be great resources. Try out new ideas and ask for feedback.

### Make your meeting move!

People are likely to be much more engaged in your meeting if they are able to perform a variety of active participatory roles, rather than only stay in one place, in one position.

Include opportunities for one-on-one discussions, and encourage people to take that anywhere outside the room.

If you need to solicit input from people on a variety of topics, consider having stations around the room for participants to move between.

For table discussions, rather than have participants stay at their table, have them count off, move into new groups in another part of the room and then return after the exercise is over.

Let people know that they can take care of physical needs, which may include standing during parts of the meeting.

### Move from your chair: upper body stretches

Sit up tall in your chair. Stretch your arms overhead and lace your fingers together, turn the palms to the ceiling. Breathe out and stretch to the right. Take a deep breath in and come up to the center. Breathe out and stretch to the left.

Place your arms back at your side. Take a deep breath in and lift your shoulders up to your ears. Breathe out and let shoulders drop.



## Move from your chair: lower body motions

Sit up tall in your chair, feet flat on the floor. Keep seated, lift your heels off the floor then put them back down. Repeat 5 times.

Lift your right leg out straight in front of you, slowly point your foot (toes toward the ground) and hold for 10-15 seconds, and flex your foot (toes toward the ceiling) and hold for 10-15 seconds.



Rotate the ankle in a circle to the right, repeat several times, then rotate the ankle to the left several times. Put the right foot on the floor, lift the left leg and repeat.

## Neck and shoulder relaxer

Turn your head to look over your right shoulder. Run chin down and across the chest to look over your left shoulder and return along the same path. Turn to the left and repeat on the other side. Slowly roll both shoulders backwards in large circles. Place your hands on your shoulders and make large circles backwards with the elbows. Do four full circles.

## Stand up and stretch

Put your hands behind your lower back and lace your fingers together, stretch your shoulders back, open your chest, keep your head in the center and look straight ahead. Standing tall, with or without one or both arms raised, lean to the left, then forward, right and back. Repeat.

## Get Up: take a walk or roll

Choose a safe, accessible location inside the building or outside the building in a surrounding neighborhood. Encourage participants to move at their own pace, paying attention to heat and personal condition, and only go as far as they feel comfortable. Make sure everyone knows the route. If walking outside and participants will not be in view of each other, create “walking buddies,” so that no one is walking alone.

Even if there is only a few minutes, one brisk loop around the building can be energizing!

