Healthy Meeting Guidelines

The following are healthy snack, drink and physical activity options to offer employees during meetings:

**Healthy Snack Options**

- Whole, fresh fruits like apples, oranges and bananas
- Cut-up fresh fruit including honeydew melon, cantaloupe and watermelon
- Bite-size fruits and vegetables like grapes, cherries, baby carrots, cherry tomatoes and broccoli florets
- Pre-packaged fruit cups when refrigeration is not available
- Dried fruit or trail mix
- Assortment of low-fat cheeses
- Low-fat dips, salsa or mustard
- Pita chips served with hummus
- Low-fat yogurt in a variety of flavors
- Whole grain crackers or air popped popcorn
- Graham crackers or Fig Newtons
- Pretzels
- Bagels with low-fat cream cheese or jams - cut bagels in halves or mini-bagels

**Rethink Your Drink**

- Water
- Water flavored with slices of lemon, lime, cucumber, or watermelon
- Unsweetened iced tea
- Regular and decaffeinated coffee
- Low-fat and skim milk
- Soy beverages
- 100% fruit or vegetable juice
- Non-calorie or low-calorie beverages

Worksite Wellness Council of Volusia County
Physical Activity Breaks

Physical activity breaks at meetings are great opportunities for employees to add physical activity to their workday. Anyone can lead a physical activity break. Just remember to have fun and be safe.

A Physical Activity Break is:
• Completely voluntary
• Movement at one’s own pace that is comfortable and does not cause pain
• 3 to 10 minutes long, gets the muscles warm, and the heart pumping
• A reason to smile
• An energizer for the rest of the meeting

How to Lead a Break:
• Breaks can take place anywhere (e.g., inside the meeting room, outside the room, outside the building, or even in your chair)
• Ensure sufficient space and clearance for everyone to avoid injury
• Advise participants to do only what feels good and to stop immediately if anything hurts

Meeting Break Activities:
• Slowly stretch neck, shoulders, arms, hands, back, legs, and feet—avoid bouncing and jerky movements
• Move arms, head, and torso in circles
• Lead a brisk walk around the room, the inside of the building, or outside, use the stairs, if available
• March in place

Resources:
Network for a Healthy California-Worksite Program, www.takeactionca.com
Centers for Disease Control and Prevention, www.cdc.gov

www.volusiahealth.com