

# Meeting Well

A Tool for Planning Healthy Meetings and Events

Workplace  
Solutions

From the American Cancer Society

## What is Meeting Well?

Meeting Well is a guidebook designed to help your organization plan meetings and events with good health in mind. From small working-lunch gatherings to major company functions, Meeting Well offers healthy food ideas and suggestions for physical activity that will energize meeting participants and demonstrate how easy it can be to live a healthier lifestyle every day.

## The American Cancer Society in the Fight against Cancer

The food we eat and the amount of physical activity we get on a daily basis directly impact our health. In fact, approximately one-third of the more than 500,000 cancer deaths in the United States this year can be attributed to poor diet and physical inactivity. To lead a healthier life, we should eat more fruits, vegetables, and whole grains and eat less red meat, high-fat dairy products, and foods high in sugar. Eating well and being active will not only help us look good and feel better, but will also give us the energy we need to get through our busy days, as well as reduce risk for chronic diseases, such as cancer, diabetes, and heart disease.

## Your Company's Role

- Provide meeting attendees with a variety of food choices that can help them achieve a healthy balance throughout the meeting.
- Incorporate stretch breaks, group walks, or active icebreakers to help attendees stay active throughout the meeting.
- Consider establishing policies that make healthy foods and opportunities for physical activity available to your employees.



## Benefits to Your Company

**Enhance your brand image.** The American Cancer Society is the largest voluntary health organization dedicated to fighting cancer, with 96 percent brand name recognition. Leveraging the American Cancer Society brand with your own provides significant opportunities to influence employee behavior.

**Boost employee morale.** Business meetings are more productive when employees are enthusiastic and engaged. The typical post-lunch slump causes attention to drift, making it difficult to keep people interested. Nutritious meals and snacks, combined with physical activity, can help keep employees energetic and make your meetings more effective. By utilizing the resources available to you within Meeting Well, you demonstrate your company's commitment to the well-being of your employees.

**Help in the fight against cancer.** By organizing meals for meetings based on the American Cancer Society nutrition and physical activity guidelines, you're giving your employees an opportunity to make individual choices that may reduce their cancer risk.

## Fast Facts

- High-carbohydrate foods can make us feel fatigued after consumption. To reduce this effect, offer foods that also provide protein.
- Pedometers are an excellent tool for motivating your participants to step toward better health. This device is designed to count the number of steps a person takes, tracking progress of physical activity goals.

For more information, visit [acsworkplacesolutions.com](http://acsworkplacesolutions.com), or call 1-800-227-2345.

*"We all spend a great deal of time at work, so creating a healthy workplace is important."*

*– Director, Nutrition and Physical Activity*



We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

[cancer.org](http://cancer.org) | 1.800.227.2345