

# Ten Easy Ways to Incorporate Wellness Into Your Meeting



Taking a holistic approach to meetings supports attendees' personal commitments to their health and well-being, and can even inspire participants to adopt new practices to take home. Many attendees may feel stress about the obstacles meetings present to their wellness commitments. That's why Hilton partners with planners to help create a meeting environment that incorporates both new, and familiar, approaches to fitness and health.

Consider introducing creative forms of movement, nutrition, relaxation or even play into the agenda, and help plan a gathering to remember!

**Use this checklist as inspiration to help attendees rejuvenate, revitalize and reconnect while traveling. And, communicate with participants early and often so attendees will know what to expect upon arrival.**

**1** **Build in time for beauty rest.** Ask yourself if it is imperative to start the meeting agenda before 9 a.m. Attendees who have time to start their day off right will be more focused and engaged.

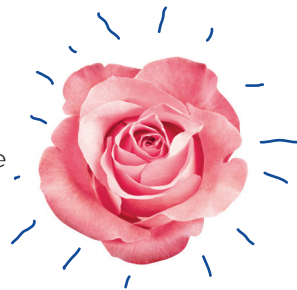
**2** **Lean into the perks of pet-friendly.** Studies show that the simple act of petting an animal can lower blood pressure.  
→ If hosting your event at one of Hilton's 5,000+ pet-friendly hotels, invite attendees to bring a furry friend (or pet photo) to the meeting for a short "show and tell" with colleagues. Just imagine the "ooohs" and "aaaahs."

**3** **Allow attendees to choose a quiet time activity.** Build in a 30-minute break and provide a range of choices in dedicated spaces.  
→ Work with your hosting hotel to set up offerings such as a quiet room, prayer space, guided meditation session and/or a sound bath.

**4** **Enhance comfort with temperature control.**  
→ Ensure that the temperature of the room is comfortable for attendees, and consider providing items like cooling packs or warm blankets when appropriate.

**5** **Encourage attendees to stay hydrated, ideally with water.** Hydration stations are popping up everywhere, and many travelers are bringing their water bottles with them.  
→ Offer infused water stations or water pitchers, rather than single-use bottles for easy and responsible refills.

**6** **Don't forget about fresh air.** Did you know time outside reduces stress and lowers heart rate? Plan breakouts and networking events outdoors, if possible.  
→ Build meeting floor plans around outdoor access areas and encourage attendees to stop and (quite literally) smell the roses.



**7** **Incorporate a social impact activity so attendees can feel good about making a difference.**  
→ Identify local organizations that offer volunteer opportunities, and allocate time in the agenda for attendees to make an impact.  
→ Ideas include donating eyeglasses or children's books (brought from home) or packing lunches for those in need.



**8** **Tell workout enthusiasts to pack their athletic gear.** Movement is proven to boost brain function (a key component of good meeting engagement), and Hilton offers state-of-the-art fitness centers—including Peloton access in every U.S. hotel.  
→ Each Peloton Bike includes classes, such as cycling, yoga, and strength.



**9** **Use music to help set the tone.**  
→ Use soft or invigorating music to help attendees relax or decompress between sessions.  
→ Play a power ballad or hype music to pump attendees up for the next session or networking mixer.  
→ Pro-Tip: Make a playlist and gift it to attendees post-event so your meeting can be remembered!



**10** **Help attendees unwind with Signia Restore, featuring Hyperice.** Provide a state-of-the-art restorative wellness experience that leaves attendees feeling their best.  
→ Create a unique relaxation experience featuring the Hyperice Hypervolt percussion massage device and Normatec leg compression massagers.  
→ Inquire about package pricing by contacting your property representative at Signia by Hilton San Jose, Signia by Hilton Orlando Bonnet Creek and Signia by Hilton Atlanta – Georgia World Congress Center, opening January 2024.



To learn more or brainstorm other wellness offerings, contact your Hilton Worldwide Sales representative. [meetwithpurpose.com](https://meetwithpurpose.com)

