

# 7 Ways to Embed Wellness in Your Meetings

by [Guest Author](#) (David T. Stevens)

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Incorporating wellness into events authentically, rather than as a mere marketing strategy, requires thoughtful planning and a genuine commitment to the health and well-being of participants. This approach, when executed with sincerity, enriches the event experience, fosters a positive atmosphere and promotes lasting impacts on attendees' lifestyles. Below are practical and affordable tips to embed wellness into your events genuinely, steering clear of "[wellness washing](#)."

**Meals:** Offer a variety of healthy, nourishing food choices that accommodate all dietary needs. Collaborate with [local suppliers](#) for fresh, sustainably sourced ingredients. Simple additions like hydration stations with water and herbal teas can significantly enhance attendees' well-being. Also, check the calorie counts on mocktails and smoothies.

**Movement:** Incorporate brief, guided movement sessions such as stretching, yoga, bodyweight boot camps or quick walks into the event schedule. This promotes physical well-being and mental clarity, energizing participants and fostering a sense of community.

**Mindfulness:** Designate areas for attendees to take mental breaks. These can be simple, serene spaces equipped with comfortable seating and calming elements, offering a peaceful retreat from the event's hustle and bustle. You should also consider how busy your agenda is and if it gives attendees the opportunity to take advantage of these.

**Read More:** [Mindful Meetings for the Full Mind](#)

**Meaning:** A key component is feeling connected to something bigger than yourself as an individual. Think about using the time after lunch during people's Postprandial Dip to have them participate in a community giveback program of some kind.

**Offer Education:** Include workshops or talks on wellness topics like stress management, healthy eating habits and the benefits of regular exercise. Utilizing local experts or knowledgeable staff can provide valuable insights without incurring high costs.

**Encourage Belonging Practices:** Embed activities that promote mindfulness, such as guided meditations or group discussions on wellness topics. These practices enhance the event's atmosphere, encouraging deeper connections among attendees.

**Adopt Sustainable Practices:** Implement eco-friendly initiatives, from digital event materials to selecting venues that prioritize sustainability. These efforts reflect a commitment to the well-being of our planet, resonating with attendees' values.

**Read More:** [Your Complete Guide to Sustainability](#)

By focusing on these key areas, you can create an event experience that not only supports the wellness of your attendees but also leaves a lasting, positive impact on their lives.

**Stevens will lead a wellness-focused team-building exercise at the Smart Meetings Health & Wellness Experience in Arizona March 24-26. [Join us!](#)**

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*[David T. Stevens](#) is a 20-year veteran planner and 5x Fittest Male #EventProf, an honor achieved by topping the occupational leaderboard of the annual CrossFit Games Open. He has planned meetings, events and incentives for media, live entertainment, agency, association and corporate organizations. Stevens has a Delos Wellness for Meetings and Event Certificate, he is Pandemic Meeting Event Design certified, and he has been recognized by a number of industry organizations for his contributions to improving wellness in the sector and is a SXSW 2024 Mentor.*

*He credits his ability to create memorable experiences for event attendees to the clarity he gleans from workouts and mental breaks. He is the co-founder of event-wellness consulting firm Olympian Meeting—where he co-authored, along with a medical doctor and nutrition coach, a white paper on the increased ROI that can result from incorporating wellness elements into a meeting. Stevens also hosts a web series called Return on Wellness.*



## WELLNESS CHALLENGE

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Click the **Scan-In** button in your Challenge App and scan the QR code to get your bonus points



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**Scan-In:** On the Challenge app's main dashboard, press the Bonus Activities selector and tap the 'Scan-In' button. Align the app viewer with the QR Code. The code will automatically be detected and provide you with a confirmation notice. Alternatively, enter the manual code in at the bottom of the scan-in screen

**Bonus Points:** Scan-in during the Challenge and add 1,000 bonus points to your challenge total (limit of one bonus).