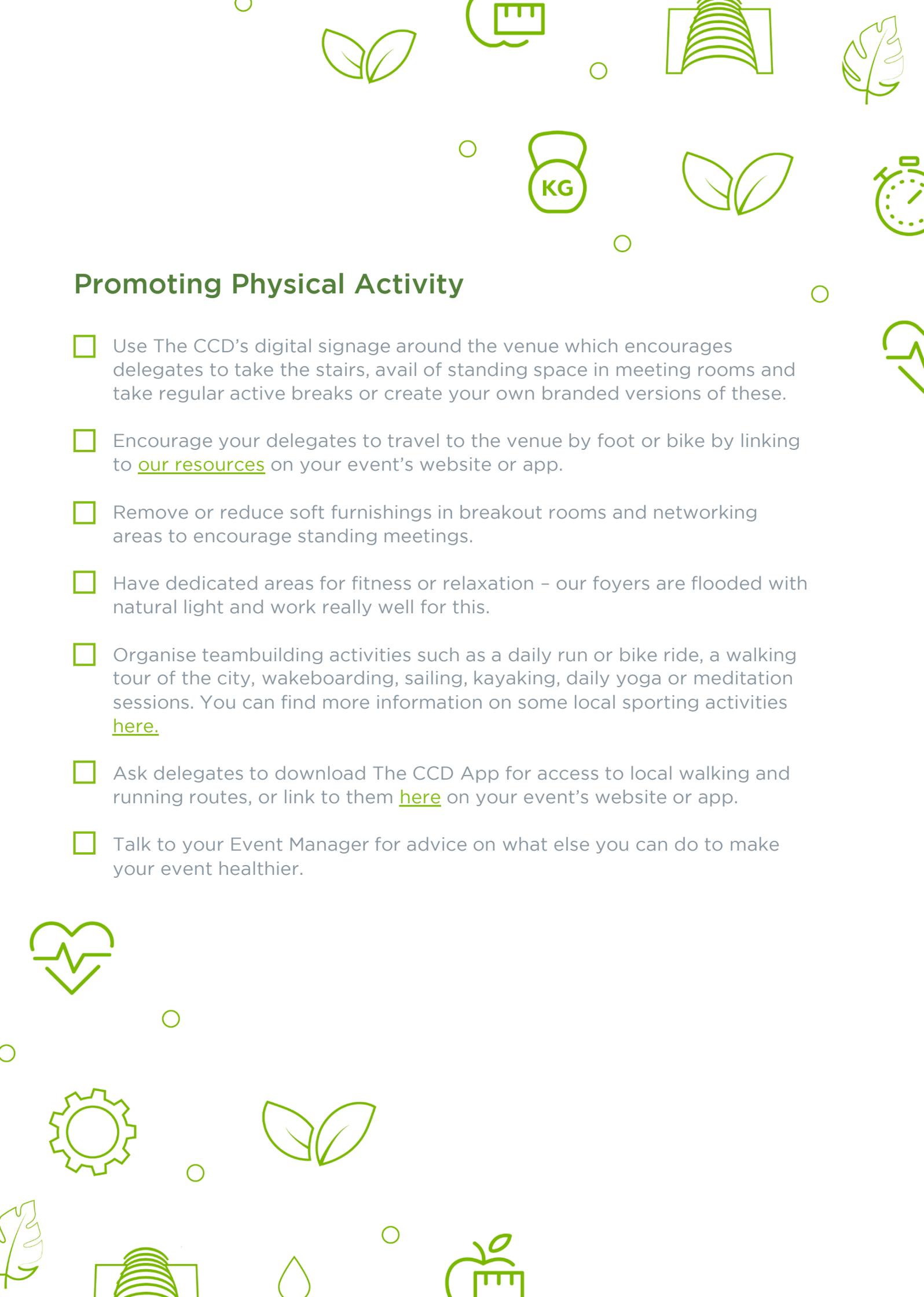

HEALTHY EVENT CHECKLIST

The CCD has achieved Silver status by the World Obesity Federation's Healthy Venue Awards Programme. Healthy eating and physical activity have been shown to promote alertness and increase concentration, which in turn can help you host more productive meetings. Our team have a wealth of information on ways to make conferences and meetings healthier. We encourage our clients to work through the below checklist with their Event and Hospitality Managers to make their event as healthy as possible.



Promoting Physical Activity

- Use The CCD's digital signage around the venue which encourages delegates to take the stairs, avail of standing space in meeting rooms and take regular active breaks or create your own branded versions of these.
- Encourage your delegates to travel to the venue by foot or bike by linking to [our resources](#) on your event's website or app.
- Remove or reduce soft furnishings in breakout rooms and networking areas to encourage standing meetings.
- Have dedicated areas for fitness or relaxation – our foyers are flooded with natural light and work really well for this.
- Organise teambuilding activities such as a daily run or bike ride, a walking tour of the city, wakeboarding, sailing, kayaking, daily yoga or meditation sessions. You can find more information on some local sporting activities [here](#).
- Ask delegates to download The CCD App for access to local walking and running routes, or link to them [here](#) on your event's website or app.
- Talk to your Event Manager for advice on what else you can do to make your event healthier.

Promoting Healthy Eating

- Only offer whole foods such as wholewheat and wholegrain bread.
- Incorporate a vegetarian or vegan-only meal into your schedule or even better dedicate a whole day to this.
- Have free water on offer with reusable water bottles available to purchase or given free of charge.
- Have a health-boosting smoothie or juice station, freshly made to order.
- Choose healthy snacks for breakout sessions that are low in sugar and fat and high in protein.
- Have fruit stations throughout the venue that delegates can choose from at any time of day, free of charge.
- Only include bite-sized versions of desserts or treats.
- Talk to your Hospitality Manager for bespoke advice on what else you can do to make your event catering healthier.

Promoting Healthy Events

- Promote your healthy event ethos on your website or app so that delegates are aware of your efforts and the resources available.
- Ask your Event Manager to supply you with our Healthy Venue accreditation logo to display on your website or app.

