



Resolution to Host Healthy Meetings, Conferences, and Events

Whereas the Dietary Guidelines for Americans, 2015 state that we consume too much sodium, added sugars, refined grains, and solid fats and not enough fruits, vegetables, and whole grains; and

Whereas the Physical Activity Guidelines for Americans, 2008 state that we should get 150 minutes of moderate to vigorous physical activity each week, yet many do not; and

Whereas studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees; and

Whereas nearly half of many people's waking hours are spent at work, and many of those hours are spent in meetings and conferences; and

Whereas the foods and beverages available at meetings and conferences are often high in fat, added sugars, and sodium, and contain few fruits, vegetables, and whole grains; and

Whereas meetings and conferences generally involve a lot of time sitting and provide little opportunity for physical activity; and

Whereas the mission of Live Well Manistee is to promote a culture of health and wellness for all and prioritize goals aimed at promoting healthy lifestyles, behaviors and communities; and

Whereas Live Well Manistee has the ability to model healthy eating and help to change social norms around meeting practices; therefore be it

Resolved that Live Well Manistee meetings, conferences, and events will adhere to healthy meeting guidelines outlined in the National Alliance for Nutrition and Activity Healthy Meeting Toolkit; and

And be it further resolved that Live Well Manistee strongly encourages other organizations to adopt healthy meeting guidelines. If you are interested in learning more about implementing healthy meeting guidelines, visit <http://www.livewell4health.org/manistee-2>.