

TIPS FOR A HEALTHIER MEETING

CUT OUT THE SUGAR

Avoid energy crashes by offering more healthy options like whole grain bagels with peanut butter, yogurt parfaits, soups, salads, and fresh fruit.

OFFER DRINKS THAT ARE MORE DIVERSE

Fill pitchers with water and add sliced citrus fruits or cucumber and offer fruit-infused cold and hot teas.

MAKE TIME FOR MOVING

Stand and stretch during meetings. Provide breaks for short walks for all-day meetings and invite individuals to stand when they speak or present.

TAKE YOUR MEETINGS OUTDOORS

Call a walking meeting to get a change of scenery, boost energy to the brain and discuss the issue in daylight.



UNIVERSITY OF
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CHANGE THE WORLD FROM HERE

WELLNESS ON WHEELS

Kick start your next meeting with one of the following 10 minute sessions to help improve productivity:

STRETCHING

Easy exercises to stretch out your body and keep you energized.

DESKFIT

Easy strength training at your desk to alleviate stiff necks, aching backs, and sore shoulders.

RELAXING

Simple stress relieving relaxation techniques to help you get through busy days.

As Soon As You Sit:

- Electrical Activity in the leg muscles shut off
- Calorie burning drops 1 calorie per minute
- Enzymes that break down fat drop 90%

Interrupt Sitting Whenever You Can!

Start your next department meeting with one of these WOW sessions.

Contact Suzy Kisylia at skisylia@usfca.edu or visit gousf.usfca.edu for more information or to book a session.

