

Healthy Conferences

How many times have you conducted a conference and struggled to keep your audience's attention throughout the conference?

Healthy Worksites now offers a solution.

Lunchtime Power Walk

This lunchtime breakout session can be completed in 30 minutes; just enough time for delegates to return to the conference. It is a great way to meet other attendees, get some healthy physical activity as well as an opportunity to enjoy Canberra's clean air and scenery.

Stretch and Revitalise

This short but effective "stretch to the stars" session can prove greatly beneficial for all attendees as it maintains flexibility and opens the mind for the rest of the day.

Bounce Back

This program utilises the fitness ball (AKA Swiss Ball) for a fun way to get flexibility throughout the hips and waist after sitting for a long period of time in the 'ordinary' conference seat. Discounts can be offered for attendees who wish to purchase their own 'ball'.

Massage Wake-Ups

Delegates have the opportunity to enjoy a 10-minute massage whether for a wake-up call or a relaxing session.

Fun 'n' Funky Conference Fitness

This original and unique session is sure to get the heart pumping and the belly laughing, mostly from your chair. The session can be offered in various lengths combining moving and stretching.

Conference Fitness Challenges

This customised program can be integrated throughout your entire conference to create a healthy sense of competition amongst your delegates.

Fitness Treasure Hunts

Depending on the space, Healthy Worksites can design a short treasure hunt course to suit your needs and get them a bit active. It finishes with a stretching session and a 10-minute massage

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