

## ***Steps to Healthy Meetings* · Take the Challenge**

Join us in improving the health of New York City residents by following the ***Steps to Healthy Meetings and Events Guidelines***.

If your organization is ready to provide a healthier environment for your participants, employees and partners, please choose an action step below.

To recognize your commitment to a healthier NYC you will receive a **Healthy Partner Certificate** at the end of the program series.

Please ✓ check the action steps you will take.

Then sign the agreement to try at least one step.

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**Yes!** My organization will follow the healthy meetings and events guidelines by:

- \_\_\_\_\_ serving at least 2 healthy options at meetings and events  
(such as fruit, vegetables, whole grain and low fat dairy)
- \_\_\_\_\_ serving water at meetings and events as the beverage of choice
- \_\_\_\_\_ encouraging participants to stretch and do some brief physical activity at some point during meetings and events
- \_\_\_\_\_ telling participants and employees about the new  
**Healthy Meeting and Event Guidelines**

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Contact person: \_\_\_\_\_ Date: \_\_\_\_\_

Contact person signature \_\_\_\_\_

Organization Name \_\_\_\_\_

Thank you