



**We are so pleased to be planning your upcoming Happy Body Health Day!**

Below is a sample schedule for an event start time of 7:00 am. You can alter it to suit your needs.

Please remind participants that events will begin and end promptly at the times listed in order to ensure that the wellness activities are able to be enjoyed by all! Prior to the event we can adjust the times accordingly for YOUR team’s preference.

This schedule is based on the approx. 100 people attending the Happy Body Health Day event. If you have more, please let us know so we can adjust the schedule to allow for more time.

**EVENT SCHEDULE SAMPLE**

Start Time	End Time	Task	Duration
7:00 am	8:30 am	Check-in Healthy chef-prepared breakfast spread	1.5 HR
8:00 am	4:00 pm	On-site massages begin	8 HR
8:00 am	4:00 pm	Onsite 1:1 wellness consultations begin	8 HR
9:00 am	10:00 am	Morning Seminar- How to eat healthy at work	1 HR
10:00 am	10:30 am	Healthy snack spread	30 MIN
10:00 am	11:00 am	Executive team wellness coaching	
11:00 am	11:45 am	Meal prep demonstration	45 MIN.
12:00 pm	1:30 pm	Healthy chef-prepared lunch spread.	1.5 HR
1:30 pm	2:30 pm	Midday seminar and yoga instruction- Techniques for mindfulness, meditation, and stress reduction.	30 MIN
3:00 pm	3:30 pm	Healthy snack spread	30 MIN
3:30 pm	4:15 pm	Afternoon seminar - Maintaining a healthy lifestyle with a busy work schedule.	45 MIN
4:30 pm	5:00 pm	Fit in thirty (a thirty-minute, fitness demo)	30 MIN

We look forward to creating a memorable experience for your team and know that they will walk away feeling more confident than ever and have the correct tools to establish and maintain a healthy lifestyle!

Many thanks for letting us be a part of your business for the day!

*Bethany Watkins.*

Registered Dietitian

