

Healthy by Design – Sponsor Guidelines

This program is designed to encourage a new, higher standard of health and wellness. By establishing guidelines for those sponsoring events, attendees can be assured that their psychical comfort and well being, as well as their environmental concerns are being taken seriously.



To Qualify for the Healthy By Design endorsement

While no two events are exactly the same, there are five health standards that must be met for an event to be recognized as Healthy By Design. Embracing these standards symbolizes your commitment to the health of your trainers and attendees. If you want your training event recognized, when you submit your training online you will be asked how you meet the following standards.

1. Safety Sense

Check out the event location and give it a safety once-over. Pull up any cords that could cause someone to trip, provide adequate lighting, check to make sure chairs are stable and sturdy. As much as possible, reduce the potential for illness or injury at your event location. Make sure you arrive early enough to take care of any hazards that might be present.

2. Nutrition

If your event is catered or you plan to offer food, the menu and portion sizes must meet nutritional guidelines. A vegetable and/or fruit must be included in your menu plan. Bye-bye to the chips and a brownie box lunches. Unsure about what to serve? [Check out the Dietary Guidelines>](#).

3. Physical Activity

In today's world too often we find ourselves stuck in front of a computer. Healthy By Design understands that you can't always go for a walk outside. However, movement is incorporated into all events to keep you awake, comfortable and positive.

4. Environmental Stewardship

As little as possible will end up in the landfill from a Healthy By Design event. Creative and effective ways to reduce, reuse, renew, and recycle have been incorporated into the event, such as re-usable cups or glasses or dinnerware. Papers and documents should be recycled as per state recycling laws or documents sent electronically prior to the event.

5. Prevention and Overall Wellness

Information and services should if possible be made available to all attendees. This can range from on-site Flu inoculation to brochures about cardiovascular and pulmonary healthy. Public Service Announcements such as hand washing procedures and other relevant topics can be placed throughout the facility. Other activities like relaxation techniques or meditation might also be employed. Don't forget the power of humor!

Certified Healthy

For an event to become certified Healthy By Design, it must meet the above criteria. The event sponsor must then submit the completed HBD Event form. The event will then be marked as "Healthy By Design" in the online listing. The following certificate can be posted at the event or used in marketing. It is not a certificate of attendance.



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