

Healthy Meeting Challenge Form

We are experiencing an epidemic of obesity, and the role of food choices and physical activity in the prevention of weight gain is becoming more apparent to reduce the risk of developing chronic illnesses associated with obesity. Employers, community groups and faith communities can make it easier for people to make healthy choices by providing healthy options at meetings and other events they sponsor.



If your organization is ready to provide a healthier meeting environment for your employees and partners, please sign the pledge below and you will receive a Healthy Meeting Certificate through the mail. Thank you for taking a step to make Allen County a healthier place!

Yes! My organization will follow the healthy meeting guidelines by:

- Serving at least two healthy options at our meetings (such as fruit, vegetables, whole grain products, low fat dairy or water).
- Serving smaller portions of higher calorie options (i.e. baked goods, etc.).
- Encouraging participants to stretch or do some brief physical activity at some point during meetings longer than 1 hour.
- Telling members and employees about the new healthy meeting guidelines.

Contact Person _____ Date _____

Organization Name _____

Street Address _____

City _____ # of people in your organization _____

I would like our organization to be listed as a participating organization for a news release. Must be submitted by August 31, 2009.

Send completed form to:
Monica Harnish
Allen County Health Department
PO Box 1503
Lima, OH 45802-1503
or Fax 419-224-4161

Adapted from Steps to a Healthier Rockland County



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