

*byte-size*  
**WELLNESS™**  
**ACADEMY**

**INFORMATION GUIDE**

**VIRTUAL WELLNESS LOUNGE**



**As you plan your virtual events, remember this:**

*Participants remember experiences over information.*

*Participants are inundated with information.*

*Participants want inspiration and transformation.*

# CONTENTS INCLUDED

## IN VIRTUAL WELLNESS LOUNGE

### VIDEO MICRO-BREAK LIBRARY

58 pre-recorded 5-minute video breaks featuring Stretch, Deskercises, Office Yoga, Mindfulness Practices, Social Icebreakers and "Get Up & Move" Commercials.



### WELCOME VIDEO

Pre-recorded video to welcome participants and orient them to the Virtual Wellness Lounge and creating a virtual wellness experience.

### BONUS VIDEO: STAYING BALANCED AND FOCUSED DURING THE VIRTUAL EVENT

Pre-recorded 26-minute mind-body break video. The focus is BALANCE: to help participants stay energized, focused and engaged during the entire virtual event - from the comfort of their own homes.

Optional: Video introduction customized for the virtual event (customer supplied or Dr. Kim copy-written). Provides a personal touch, making the break unique to the event.

### HEALTHY LIFESTYLE TIPS SHEET TAKEAWAYS

12 digital healthy lifestyle tip sheets about healthy eating, desk exercises and travel wellness.



# CONTENTS INCLUDED

## IN VIRTUAL WELLNESS LOUNGE

### COVID-19 SELF-CARE SURVIVAL KIT

13-page resource to help participants make healthy choices and keep a balanced life - during the virtual event and beyond.



### DIGITAL VIP PASS

Virtual ticket that includes login credentials (email address and password customized for the virtual event) and a clickable hyperlink that takes participants directly to the login page.



### GAMEBOARDS / ROADMAPS

Daily gameboard style roadmaps to help participants navigate through the Virtual Wellness Lounge and create their own virtual wellness experience using the video breaks, healthy lifestyle tip sheets and COVID-19 Self-Care Survival Kit.

Optional: Allocate points for the number of videos and tip sheets completed to gamify the experience as participants "eat, sleep, move and breathe" their way to wellness.



# FEATURES AND BENEFITS

## FOR MEETING PROFESSIONALS: TURNKEY PROGRAM

- ✓ **Brief** - can be easily inserted into any meeting or conference program.
- ✓ **Convenient** - no technical set up is required. All content is housed inside the Virtual Wellness Lounge platform - just one click away!
- ✓ **Flexible delivery** - pre-recorded videos can be broadcasted to attendees during or between breakout sessions and before/after keynotes sessions.
- ✓ **Self-guided** - easy-to-follow, no live streaming instructor required.
- ✓ **Energizing breaks** - combat sitting fatigue and learning fatigue ("Zoom fatigue")
- ✓ **Builds camaraderie** - includes social icebreaker video library to use in breakout rooms and virtual roundtables.
- ✓ **Done-for-you program** - all videos, digital resources, login credentials and virtual platform provided to create a seamless, memorable user experience.

The license to the Virtual Wellness Lounge is valid for a single event and provides unlimited use of the video library and downloads of information resources. (Opportunity for company's to license Virtual Wellness Lounge post-event too.)

Attendees can also access the Lounge on their own time. The login credentials can be included in the conference app and/or website and attendees can click and go!

## FOR PARTICIPANTS: SELF-GUIDED PROGRAM

- ✓ The program is self-paced, easy-to-follow and sweat-free. Participants exercise in their virtual conference attire; no need to shower afterwards.
- ✓ Participants can drop into the Lounge as often as they wish to enjoy their virtual wellness experience.
- ✓ No technical set up is needed. Bookmark the page for quick and easy access.
- ✓ All content is delivered in short, digestible bytes. Easy to consume between breakout sessions to calm the mind, reset, refocus and revitalize.
- ✓ Participants customize the wellness journey or pick and choose activities from step-by-step roadmaps.
- ✓ The Lounge provides all the tools participants need to take stay balanced and focused throughout the virtual conference.