

Tips for Hosting a Healthy Virtual Event

Safety

- Is your event being held virtually to keep attendees and presenters safe in regards to the pandemic? Tell us—sufficient COVID-19 precautions are now a safety element reviewed for all events.
- Hosting a virtual walk or run? Encourage participants to avoid high traffic areas with low-pedestrian facilities, and instead visit one of our areas' wonderful trails or walking routes. See [Parks Rx](#), [Billings Heritage Trails](#), or [South Side Stories](#) for resources. Remind walkers to check the weather, plan accordingly, and stay visible with brightly colored clothing and reflective gear. Bonus points if you provide reflectors!

Nutrition

- Hosting a virtual event lasting more than 2 hours? Include short breaks in your agenda and encourage healthy snacks and water. Check out these [Worksite Nutrition Guidelines](#) for tips on healthy snacks to suggest.

Environmental Stewardship

- Remember to highlight any ways your event supports environmental stewardship—a healthy planet supports healthy people! Maybe you are only promoting it online and saving paper, or perhaps your event promotes awareness for environmental issue.

Physical Activity

- If your event is a virtual walk or run, you're doing great already. Remember to highlight that here! If not, consider leading a group stretching exercise when resuming after a break.

Prevention and Overall Wellness

- Is the topic or mission behind your event promoting health? Tell us how your educational content or resources support physical or mental health and wellness.