



Health Check Your Conference

Did you know?

The SEC is the first venue in the world to be accredited under the World Obesity Federation's Healthy Venue Award's programme achieving silver status.

Encouraging delegates to be more active at conference and eat healthier food is our aim. If you'd like to participate, we would love to work with you to create healthier meetings.

We offer healthier food:



We have created new healthy menu options with nutritional information that will enable you to make informed choices about the food you offer your delegates.



We will ensure that healthier items are placed at the front of buffets to encourage attendees to take healthier options.



Wholemeal and wholegrain options are available for bread, pasta and rice dishes.



We don't add salt to our new healthy menu options. We make it taste great in other ways. We will only make salt shakers available on your request.

We encourage an active conference:



We support active travel to and from our venue. Delegates can pick up a free Nextbike at the SEC for unlimited use during the conference. On site, Nextbikes are promoted on digital screens throughout the venue.



The SEC has three defined walking and jogging routes near the venue. Download the free app at medalroutes.org or pick up a leaflet at the SEC Information Centre on the main concourse.



Using our digital screens on the concourse and around the venue, we will promote taking the stairs rather than the lift or escalators.



We can work together with you to support on site yoga sessions for your delegates. Energise your meeting!



A step challenge? We can help promote and encourage your delegates to count their daily steps during conference. The SEC can highlight the activity on our digital media channels and support your own messaging. We'll even provide a winners prize!



If you would like more information or to understand how you can make your next conference or meeting a healthier one, just get in touch.

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Find us on LinkedIn

#HealthyVenue

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