



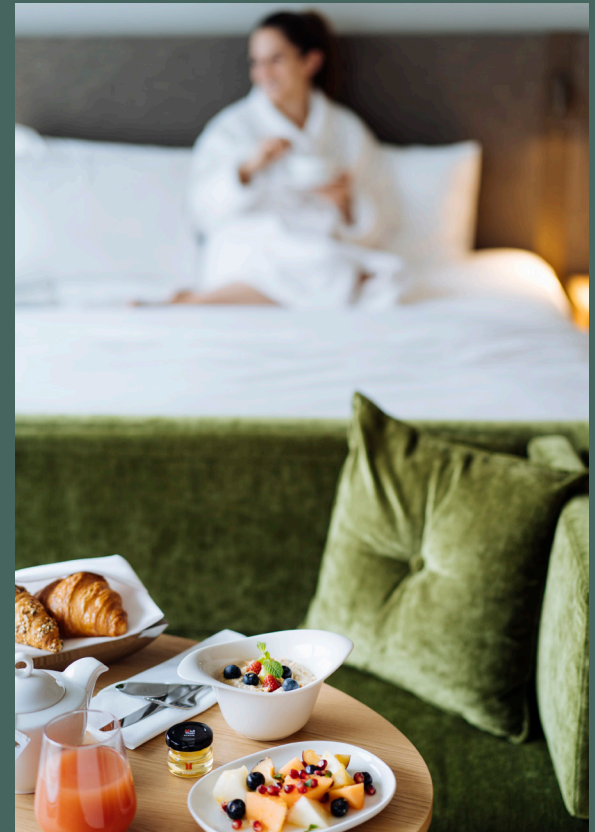
Together  
by Hyatt

## THE WELLBEING MENU

HYATT

AT HYATT REGENCY & HYATT PLACE THE CIRCLE

**At Hyatt, we care for people so they can be their best,  
which is why wellbeing offerings are an essential part of who we are.  
Personal wellbeing is more important than ever  
and is a key component of a successful event.  
From massage breaks to thoughtfully crafted menus framed by nature.**





## WELLBEING FOR YOUR EVENTS

Built upon our landmarks of wellbeing, these meaningful expressions of care can be seamlessly integrated into your event to benefit your participants both mentally, emotionally and physically.

### How you feel; your emotional + mental wellbeing

**Know Before You Go:** Your Hyatt contact will provide you with this customized informational piece designed to answer key questions and prepare your guests for a great experience.

**Sustainable Meetings:** We know you care about the impact your event can have on the world. Learn what steps we are taking and how you can help.

**Music:** Consider playing music during breaks in a separate meeting room to energize and relax. Utilize the provided headspace app.

**Connectivity:** Allow participants time in the day to connect with each other and their loved ones.

### How you fuel + power your body, Inclusive of things like food and hydration

**Food. Thoughtfully Sourced. Carefully Served:** Our food philosophy revolves around Healthy People, Healthy Planet and Healthy Communities. We will work to make sure your guests have a Food and Beverage experience that drives performance.

**Hydrate:** Staying hydrated supports optimal brain function. We will provide ample opportunities for guests to stay hydrated.

**Dining:** Our Chefs create delicious, menu options, including fresh, local, seasonal and sustainable ingredients whenever possible. We don't use preservatives and avoid processed foods. Furthermore we are providing satisfying plant-forward options for each meal period. Upon request, we are happy to customize menus according to specific requirements; options that limit added sugars, sodium, or increase items eg. whole grains.

**Seasonal Menus:** We create menus that allow our chefs to feature fresh ingredients from local suppliers, whenever possible.

### How you move + function in work, life, and play

**Activities:** We are offering various types of activities for your physical and mental health.

**Banquet Chairs:** Our ergonomically designed banquet chairs will keep your participants comfortable and engaged all day.

**Seating Styles:** Our experienced events team can suggest a variety of seating options, to help create a comfortable learning environment.

**Hyatt Care Stations:** We are providing 'grab and go' items to help guests function their best during meetings and events, upon request.

**Mindful Breaks:** We can help you plan meaningful activities and breaks throughout your day.



## WELLBEING FOR YOUR EVENT PARTICIPANTS

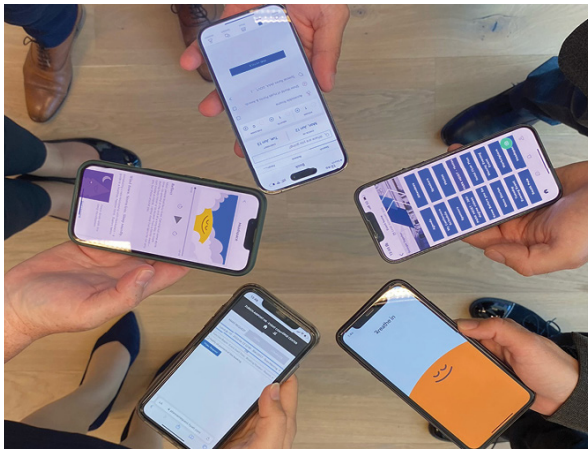
Personal routines and rituals contribute to overall happiness, and we believe that travel should not get in the way of that. Below are ways to care for your participants and help them maintain their routine while away from home.

### How you feel; your emotional + mental wellbeing

**Headspace:** Thanks to our unique collaboration with one of the world's leading meditation apps, participants can practice being present by listening to mindfulness exercises and other content. Headspace is available on the TVs in the guestrooms and through the World of Hyatt App. Consider an additional meeting room and provide them during the day mindful moments.

**Hyatt Has It:** Forget something important? We have many essential items for loan or purchase to ensure a perfect stay. Through the World of Hyatt App as well as on the TVs in the guestrooms, your guests can let our team know their needs.

**Intention Setting:** Encourage your participants to set an intention for the meeting, what they would like to get out of it and how they want to feel at the end. Let us know, if you require a specific theme, to frame the whole day with adapted meals, seating's or settings.



### How you fuel + power your body, Inclusive of things like food and sleep

**Dietary Needs:** Ask your participants for any dietary restrictions or requests they may have. This will help our Chef provide options for them. Furthermore we will be happy to provide tags, which indicates the allergies.

**Food Labels:** Hyatt can label menu items to identify dietary restrictions and to also educate your participants on the health benefits of certain foods being served.



### How you move + function in work, life, and play

**Stay Fit and relaxed:** Our SPA and fitness center will allow your guests to maintain their workout routine and take a relaxing moment in our SPA.

**Running:** We can share ideas for a quick jog or a longer run to explore our neighborhood.

**Yoga Mats:** Your participants can keep up their yoga routine by having a yoga mat delivered to their guestroom. Consider an additional meeting room and provide them during the day mindful moments.

**Chromecast:** Available in the guestrooms to use their favorite workout Apps.



## ADDITIONAL CONSIDERATIONS

### Feel:

- **Make Connections:** Build in framework programs to help participants build relationships, eg. a group aperitif (opt. with a theme), special centric buffet settings.
- **World of Care:** Our Hotel's Community Engagement efforts include thoughtfully sourced ingredients and seasonal and locally created coffee breaks and menus, as well as the program "To good to go".
- **Peace of Mind:** For special orders or requests of menus or ingredients, your guests will be informed by labeling the menu options. Allergies or special requirements will be labeled separately upon request.

### Fuel:

- **Nutrition:** From meditation breaks to thoughtfully crafted menus. Our upgraded wellbeing breaks are based on four food themes to support your wellbeing: beauty food - healthy food - mood food - brain food.
- **Welcome Amenity:** Give VIP's and/or your participants a welcome local food amenity.

### Function:

- **Message Break:** Offer short massages during the day in a separate meeting room with our professional partners.
- **Movement:** Consider a walk or a run in the park in the Circle for physical health. Physical health keeps participants minds productive. Profit from the direct access to the bicycle rental urban connect.
- **Fitness Programming:** Wellness and fitness with a view - our modern fitness area on the 8th floor is open all day. The park view offers the perfect atmosphere for a workout to start the day or relax after work. Our wellness area with its sauna, adventure shower and relaxation room with comfortable loungers, is perfect for unwinding.
- **Meditation and Mindfulness Space:** Offer a separate meeting room for your guests and colleagues, which provides the perfect set up for mindful moments whenever they feel the need during the day. Promote the headspace app, to provide a mindful moment. If you are already a World of Hyatt Member, access free content on the World of Hyatt App directly. Organize a group activity, eg. Yoga-classes with our partners, to get to know each other, or to get ready for the day.