



F3 Training & Bodywork

Wellness is the New Luxury

20 OUT-OF-THE BOX AND AFFORDABLE IDEAS FOR HEALTHY RESIDENTS EVENTS

Go beyond the stereotype with these unique residents' activities, and make your events something that your residents truly crave and will remember.

Physical activity

- Host a weekly fitness class or workshop. You can survey residents to find the most popular class and insure attendance (yoga, Pilates, kettlebell)
- Start a running club
- Organize a community fitness challenge to help your residents achieve their fitness goals
- Post daily health tips on your social media

Social interaction:

- Host a yoga party with a live DJ
- Use the community clubroom to let fans gather and watch the big game. Provide healthy tailgating snacks and drinks and ask residents to wear their favorite team's colors
- Organize a puppy play date or pet adoption event
- Host a community yard sale
- Create a community garden

Nutrition:

- Provide residents with healthy snack bars, fruits and water in common areas
- [Set up a DIY yogurt parfait bar](#) or [oatmeal bar](#) for a twist on breakfast-on-the-go
- Host a nutrition presentation/demonstration for your residents to learn more about a specific aspect of healthy eating, for example, Eating Healthy on the Go
- Invite a chef for a healthy cooking class
- Organize a healthy potluck. Ask your residents to bring their favorite healthy dish. Gather the potluck recipes in a "healthy community recipe book" that you distribute to all the tenants.

Stress management

- Organize a raffle for your residents to win a free table massage
- Offer complimentary chair massages in the lobby or clubroom
- Start a meditation group
- Organize a group hike in Rock Creek Park for residents and their pets
- Organize a clothing, book or canned food drive in your building
- Host a comedy night

F3 Training and Bodywork

202-656-7330

f3train.com

info@f3train.com