

# FUEL UP

GO-TO TIPS FOR YOUR ALL-DAY MEETINGS  
AND CONFERENCES

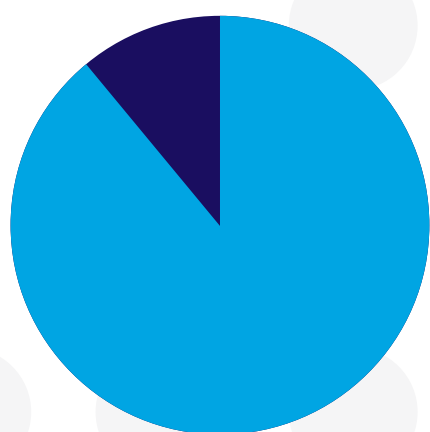
## SURPRISING FACTS ABOUT AMERICA'S MEETINGS & CONFERENCES

THERE ARE  
**25 MILLION**  
MEETINGS PER DAY

PEOPLE SPEND ON AVERAGE

**05:03**  
HOURS MINUTES

IN MEETINGS A WEEK.



**89 PERCENT**

OF BUSINESS PROFESSIONALS BELIEVE TECHNOLOGY  
WILL MAKE MEETINGS EASIER IN THE FUTURE.

**15%**

OF AN ORGANIZATION'S  
COLLECTIVE TIME IS SPENT  
IN **MEETINGS**.

**40  
MILLION**

PEOPLE ATTEND AT  
LEAST **ONE**  
CONFERENCE A YEAR.

**31,000**

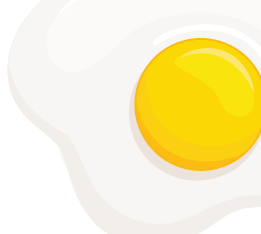
**TRADE SHOWS**  
TAKE PLACE EVERY YEAR.

## ENERGY-BOOSTING FOODS



### PARFAITS

MAKE-YOUR-OWN PARFAITS ARE  
ALWAYS A BIG, HEALTHY HIT!  
GREAT FOR THE MORNING  
MEETINGS. TOPPINGS INCLUDE:  
FRUIT, GRANOLA AND NUTS.



### EGGS

ARE GREAT FOR BUILDING UP YOUR  
BRAIN POWER. INCORPORATING GRAINS  
IS ALSO GOOD FOR LONGER BURSTS OF  
ENERGY, SO OATMEAL WOULD ALSO BE  
A NICE, ENERGIZING CHOICE.



### SALADS

INCORPORATE HEALTHY FATS  
SOMEWHERE IN YOUR MEAL  
—REMEMBER, THOSE CAN INCLUDE  
AVOCADO, OLIVE OIL, MANY TYPES  
OF NUTS (ALMONDS, WALNUTS,  
MACADAMIA NUTS) AND A TON MORE!



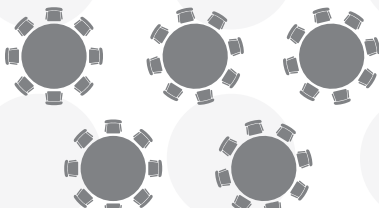
### HUMMUS

HUMMUS IS HIGH IN GOOD FAT BECAUSE  
OF ITS SESAME SEED AND OLIVE OIL  
CONTENT. IT'S ALSO LOW IN CARBOHYDRATES.

## MOST COMMON MEETING SETUPS

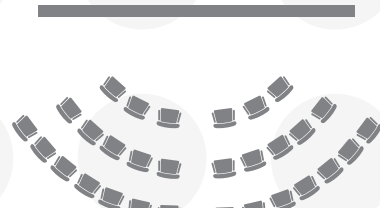
### BANQUET

PERFECT FOR SMALL GROUPS  
OF 4 TO 12 PEOPLE



### AUDITORIUM

BEST FOR LARGE GROUPS PARTICIPATING  
IN A LECTURE



### CONFERENCE

A FORMAL SETTING THAT ENCOURAGES  
INVOLVEMENT OF A LARGE GROUP



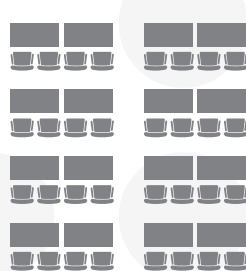
### U-SHAPED

FOR VISUAL PRESENTATIONS WITH  
UP TO 24 PARTICIPANTS



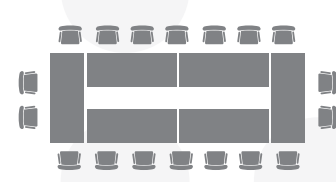
### CLASSROOM

APPROPRIATE FOR LONG LECTURES



### SQUARE

FOR GROUPS WITH FEWER THAN 40 PEOPLE  
ATTENDING A PANEL DISCUSSION

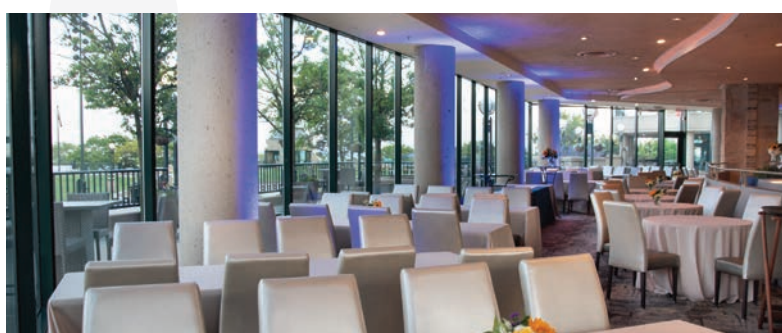


## TOP MILWAUKEE LOCATIONS FOR ALL-DAY CONFERENCES

MEETING PLANNERS INTERNATIONAL (MPI) RANKED MILWAUKEE AS ONE OF ITS  
"4 EMERGING CITIES IN MEETING AND EVENT DESTINATIONS IN 2017."

HERE ARE SOME OF OUR FAVORITE MILWAUKEE EVENT LOCATIONS:

### COAST



### BOERNER BOTANICAL GARDENS



### MILLER ROOM



### MILWAUKEE PUBLIC MUSEUM

