

# Reset & Recharge - Simple Nutrition, Movement, and Mindset Shifts for Mental Wellbeing

DATE: Wednesday, October 8, 2025  
LOCATION: Tauranga, Bay of Plenty Region, NZ

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## Event Description

Reset & Recharge - Simple Nutrition, Movement, and Mindset Shifts for Mental Wellbeing is a premier community event in Tauranga. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** community

**Importance Rank:** 25/100

**Expected Attendance:** 58 people

**Event ID:** TuYu7hnpN9KYoKpKLd

## Hotel Demand Indicators

**ADR Impact Index:** 3.6x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 30 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 23 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*