

Vitality in movement

Choose to begin your day with an early morning jog around the local area using one of our customised jogging maps or hit one of our fully equipped gyms, where certified trainers are available to guide you. Even with a busy day behind you, there is no reason not to miss out on your regular workout – we can bring Vitality directly to your room with a selection of fitness items on offer, including an Aero Step, Swiss ball, Thera band, sports mat and Pilates ring, as well as a set of exercise cards.

Vitality in cuisine

At Swissôtel, start the day the right way with nutritious Vitality dishes from our breakfast buffet. We also help to maintain healthy choices at lunch and dinner, where you can find balanced, low-fat Vitality options on our menus. Even a late night snack need not be unhealthy – a full range of Vitality fare can be found in our in-room dining menus as well.

Vitality in meetings

Our Vitality meeting break packages provide balanced nutrition throughout the day, helping your meeting participants to remain productive and focused. Begin with vitamin-rich foods and juices in the morning, enjoy savoury snacks full of nutrients with your mid-morning coffee and indulge in a little glucose in the afternoon, to give that all important energy boost.



vitality

www.swissotel.com/vitality

vitality

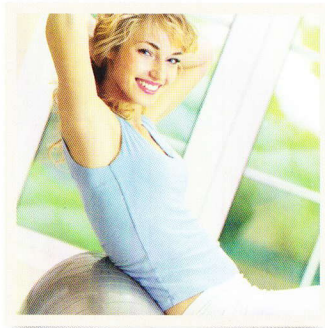


swissôtel
Hotels & Resorts

Inject some **vitality** into your stay at Swissôtel

Vitality brings the concept of healthy living directly into your experience at Swissôtel Hotels and Resorts worldwide.

Drawing on our Alpine heritage, where being active and enjoying outdoor pursuits are part of a balanced lifestyle, we provide the chance for you to incorporate Vitality into your entire day, from morning until night.

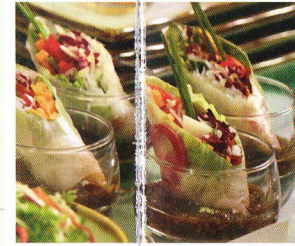


IN-ROOM EXERCISE EQUIPMENT

We have a selection of items available for use in your room, including an Aero Step, Yoga Mat, Swiss Ball, Pilates Ring and Thera Band.



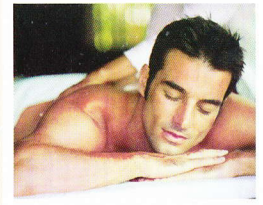
VITALITY BREAKFAST
Choose a tasty fresh fruit smoothie from our breakfast buffet and start your day with a vitamin boost.



MID MORNING VITALITY BREAK
Keep productivity levels high mid-morning with our savoury coffee break.



SPA & SPORT
Work off the tensions of the day with a workout, or unwind with a spa treatment.



VITALITY LUNCH
Choose one of the delicious Vitality dishes on our lunch menu.



AFTERNOON VITALITY BREAK
Let our sweet afternoon coffee break boost your energy levels.

vitality