

**FOR: JW MARRIOTT LAS VEGAS
RESORT & SPA**
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FOR IMMEDIATE RELEASE

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**FITNESS ON THE GO:
ESSENTIAL AND EASY AT JW MARRIOTT LAS VEGAS RESORT & SPA**

Las Vegas, Nevada – Keeping the energy up during travel, whether business or pleasure, can be difficult with the rigors of jet lag, inactivity, and poor food. That’s why it’s essential to have a smart fitness plan to exercise, eat right, and live well, even when on the road. And there’s no resort that makes it easier to travel healthy than the JW Marriott Las Vegas Resort & Spa.

A gym is the easiest way to keep the body running and the world-class Aquae Sulis gym at JW Marriott Las Vegas uses ProForm Fitness Equipment, recommended by experts and a favorite of fitness enthusiasts the world over. Personal trainers are available all day by appointment and gym attendants are around to help anyone who needs any instruction or advice on their weight-lifting program.

While exploring the gym, travelers should check out the fitness and yoga classes available. With top-notch instructors and classes all day long, the gym at the JW Marriott Las Vegas makes it easy for guests to explore other forms of fitness besides weights and treadmills. Fitness classes include power yoga, tai chi, pilates, and even belly dancing. These classes can be a real boon for the weary traveler, making a world of difference in a few easy stretches.

Without much exploring, guests should see the Aquae Sulis Spa, a great way to both reward and replenish the body while on the go. Treatments can relax muscles, temper the stress of travel, and do wonders for the skin. Pampering beauty treatments can also a great incentive for sticking to a fitness plan. With massages, facials, aromatherapies, a complete salon, and Aquae Sulis’ own hydrotherapy circuit pool, Aquae Sulis is open every day from 6 AM to 9 PM and reservations can be made for treatments by calling (702) 869-7807.

Transportation can be a difficult obstacle but travelers should try to walk when they can, balancing out all those long hours seated in an airplane or a conference room. Travelers to Las Vegas should definitely parcel out some time to explore the Red Rock Canyons near the JW Marriott Las Vegas, with its stunning vistas and beautiful natural landscapes. These trails offer hours of outdoor fun and excitement, a welcome relief for the world weary.

Any sort of outdoor activity will benefit travelers, as long as it gets people out in the sun and moving around. Golf is a great sport in this way – low stress, low impact, and as easy to setup as reserving a room at the JW Marriott Las Vegas. With its executive golf desk to make the experience as seamless as possible, the resort coordinates a number of golfing options for its guests, including pro-caliber courses at the TPC at the Canyons.

Just as important as getting exercise, eating right can be tremendously difficult while on a business trip or a vacation. But help is at hand! Order a fresh salad at JW Marriott Las Vegas' premier restaurant Ceres or pick a vegetarian meal off the room service menu. Organic and healthy food is out there; it just takes a little extra effort and the rewards will be obvious.

The elegant 548 room JW Marriott Las Vegas Resort & Spa offers guests a lush resort setting with Mediterranean architecture, a luxurious spa, world-class golf and all the pampering services and amenities that have become synonymous with the JW Marriott name. Located in the master-planned community of Summerlin, the resort is just 20 minutes northwest of the Strip. JW MARRIOTT LAS VEGAS RESORT & SPA: 221 N. Rampart Blvd., Toll Free: 877.869.8777, www.jwlasvegasresort.com.

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