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Wellness is at Forefront of Westin Weigh-In Initiative at The Westin New York at Times Square

Guests Sporting Personal Wellness Monitors or Pedometers Get Complimentary New Balance Lending Gear & 10% off at Bar 10 When They Clock 10,000 Daily Steps

New York, NY – January 11, 2016 – With the New Year comes new resolutions to lead a healthier life and -- let's face it -- lose weight. **The Westin New York at Times Square** is helping support wellness-minded guests while on the road with its **Westin Weigh-In** initiative. All who check-in wearing a personal wellness monitor or pedometer will receive complimentary Westin Workout Gear Lending with New Balance so that there's no excuse not to clock the recommended 10,000 steps per day. Those who reach the minimum daily step goal, and show their progress at the front desk, will receive 10% off at the hotel's Foundry Kitchen & Bar, where they can enjoy a number of options that infuse items from the SuperFoodsRx menu, including Tomato Mozzarella Salad, Whole Wheat Cobb Wrap (with grilled chicken, avocado, tomatoes, gorgonzola), Edamame Dumplings or the Sizzling Quesadilla.

When ready to get moving, guests simply call the front desk with their clothing and shoe sizes and they will be delivered to the room free of charge with brand new socks that are theirs to keep. Upon departure, just simply take their sense of accomplishment for working out with them and leave the clothes behind. The 3,000 square-foot WestinWorkout center is complimentary and open 24-hours a day. Along with state-of-the-art machines and weights, there is also a scale in the gym for those keeping a close watch on their progress. The concierge can suggest outdoor jogging routes for those who prefer to workout alfresco.

Westin is a big believer in overall wellness and its brand pillars -- *Sleep Well, Eat Well, Move Well, Feel Well, Work Well* and *Play Well* – underscore this. In addition to monitoring movement, many of the personal wellness bands also look at sleep patterns. Guests can take advantage of the Rest Well Calls to ensure they are getting enough sleep. Those who opt to use the program will be called at night, alerting them that it is time to go to bed, and then again seven to eight hours later (the recommended amount of nightly sleep for adults). The luxury hotel in the heart of Times Square has the iconic Westin Heavenly Bed®, which is known to be one of the most comfortable places to get some solid shuteye. Guests are encouraged to share their successes big and small on the wellness front by using #WestinWellbeing on social media.

The Westin Weigh-In offer is valid through April 30, 2016 with nightly rates starting from \$193. To book please visit [here](#) or call 1-877-782-0108 and mention rate code **LPE**.

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About The Westin New York at Times Square

A distinguished AAA Four Diamond ranked hotel, The Westin New York at Times Square stands at the crossroads of the world and is located at 270 W. 43rd Street amid the brilliance of Broadway. The hotel is within walking distance to over 40 theatres and many famous New York City attractions. All 873 [Westin New York at Times Square hotel rooms](#) and suites feature the luxurious Westin Heavenly Bed® and Heavenly Bathsm, and offer incredible views of the city skyline and the Hudson River. The hotel features Foundry Kitchen & Bar, and is interconnected to a 200,000 square-foot entertainment and retail complex featuring movie theaters, restaurants, and shopping. The Westin New York at Times Square was named one of America's Top 10 Healthiest Hotels by Health magazine and is a certified GOLD member of the Green Hotels Association.