

## Stay fit whilst travelling

When travelling for business it's often easy to get caught up in neglecting your basic needs, such as sleeping well, eating well and staying active.

Although working hard should be the main focus of a business trip, working out should be as much of a priority. Cape Town, having been voted as the fittest city in South Africa\* and home to The Westin Cape Town, makes staying fit whilst on the go as easy as possible.

"We, at The Westin Cape Town, pride ourselves in supporting wellness and ensure that all healthy lifestyles are catered to with our superfood menus, juice bar and, of course, our guided bike rides throughout the city", says General Manager, Rob Kucera.

Did you know, that most locations in central Cape Town can be reached far more swiftly using a bicycle than a vehicle? The Westin Cape Town offers guests a bicycle to rent for a nominal fee to explore the city with, as well as escorted rides which can be booked through Bike & Saddle - a partner of the hotel.



Not much of a bicycle fan? Not to worry. If you'd prefer to go for a run, the hotel is happy to offer a running map, in both 5km and 10km routes, to guide guests through the city; alternatively, a guided run is available through the RunWESTINTM program - helping you to keep up with your training routine and explore the beauty that is Cape Town. "With a variety of activities available to keep up with a busy, yet healthy lifestyle, The Westin Cape Town is the ideal venue for work and play", comments Kucera.

The Westin Cape Town, located adjacent to the Cape Town International Convention Centre is managed by Starwood Hotels & Resorts Worldwide, Inc. Most of the 483 rooms and suites offer floor to ceiling panoramic views of the city, Table Mountain and Table Bay harbour. To find out more about what The Westin Cape Town has to offer, visit <http://www.westincapetown.com/>

*\*Cape Town was ranked as the healthiest and fittest in the [Vitality Fittest City Index in 2013](#) and ObeCity Index in 2014*

For more, visit: <https://www.bizcommunity.com>