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Rise, Shine and Sweat... Westin Hotels Introduces New WestinWORKOUT Rooms; Guests Can Stay Fit In the Privacy of Their Own Room Equipped with Treadmill or Indoor Cycle, Strength Equipment, Workout DVD's, Rodale Fitness Library and More

NEW YORK--(BUSINESS WIRE)--May 24, 2005--No excuses! Working out on the road just got easier. Westin Hotels & Resorts recently unveiled new, fully equipped WestinWORKOUT(R) Rooms that encourage hotel guests to work out in the privacy of their room using a variety of advanced cardio and strength equipment. By the end of June all 77 Westin hotels and resorts in North America will feature the new WestinWORKOUT Rooms and Westin hotels in Europe and Asia will have the new specially designed fitness rooms installed by January 2006.

This marks phase-two of Westin's focus on guest fitness. Since November 2003, Westin Hotels & Resorts has invested more than \$10 million to redesign fitness facilities as part of its mission to develop the travel industry's most extensive fitness and wellness initiative. The centerpiece of this program is WestinWORKOUT Powered by Reebok - custom designed fitness facilities inspired by upscale health clubs in major cities throughout the nation.

Work Up a Sweat Without Leaving Your Room

Every WestinWORKOUT Room allows guests to maintain their fitness regime by working out in the privacy of their own room and features a Reebok Tomahawk XL Indoor Cycle or Life Fitness Treadmill, Reebok Pilates/Yoga and Spinning DVDs, and a custom-designed fitness shelf that holds adjustable dumbbells, resistance tubing, a stability ball, yoga mat and additional Reebok workout equipment. This convenient, private exercise environment also features a fitness library by Rodale Press, the leading publisher of information on healthy, active lifestyles, which includes several books and magazines including Runner's World, Bicycling Magazine and a customized local running map.

"We know that two-thirds of travelers want to work out while on the road yet most of them don't make it to the gym," said Sue Brush, Senior Vice President for Westin. "With WestinWORKOUT Rooms, hotel guests are now able to fit their regular cardio, strength training, or exercise routines into their hectic travel schedules with the added luxury of a private workout at any time."

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Ideal for frequent business travelers or anyone wanting to embrace the benefits of fitness and wellness, the new WestinWORKOUT Rooms are available for an additional charge, starting around \$20 above market room rates, varying slightly by market.



Run with Westin

In addition, Westin has partnered with Rodale Press' renowned Runner's World magazine to design certified WestinWORKOUT Runner's World Maps that outline recommended three and five-mile jogging/walking routes in the hotel's vicinity in every city. These handy pocket-sized maps contain suggested routes, level of difficulty and local points of interest. Also available at select hotels is RunWESTIN, a complimentary program offering guided, scenic three-mile morning runs three days a week. Led by Westin's Running Concierge trained by the experts at Runner's World, the run includes a warm up session with Reebok training tips and can be customized into a fun individual or group run.

"Most runners prefer the outdoors to get their run in but they're intimidated by an unfamiliar city. We've developed custom running maps for every Westin hotel and resort that plots three and five mile courses from the hotel," said Andy Hershman, Publisher of Runner's World.

And for guests traveling with little ones, the hotel will be happy to provide jogging strollers for running moms and families. As a post workout treat, all guests will receive refreshing bottled water and towels to help them cool down following the scenic jaunt.

For information about WestinWORKOUT and RunWestin please visit www.westin.com/workout.

Westin Hotels & Resorts, with 121 hotels and resorts in 30 countries and territories, is owned by Starwood Hotels & Resorts Worldwide, Inc. Starwood Hotels & Resorts Worldwide, Inc. is one of the leading hotel and leisure companies in the world with more than 750 properties in more than 80 countries and 120,000 employees at its owned and managed properties. With internationally renowned brands, Starwood is a fully integrated owner, operator and franchisor of hotels and resorts including: St. Regis, The Luxury Collection, Sheraton, Westin, Four Points by Sheraton, W brands, as well as Starwood Vacation Ownership, Inc., one of the premier developers and operators of high quality vacation interval ownership resorts. For more information, please visit www.westin.com.

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