

## Wii Can Help You Get Fit and Have Fun!

*The Westerwood Hotel & Golf Resort Wii Sports Challenge for delegates raises money for charity*

The Westerwood Hotel & Golf Resort, part of the award-winning QHotels Group, has joined forces with the charity Asthma UK to encourage delegates visiting the hotel during the month of February to take a break from their hectic working day by introducing a Wii Sports challenge in their boardroom.

With a target of raising £100,000 for the charity over two years across the QHotels group, The Westerwood will ask delegates to donate £1 per attempt to Asthma UK.

Commenting on the Wii Sports challenge, Richard Mayne, General Manager of The Westerwood Hotel & Golf Resort said: “Working with Asthma UK over the last few months has brought home to us how beneficial short bursts of exercise can be, not only to help people be healthier but also to help them feel good about themselves.

“No matter how interesting a conference or event is, it can get tiring sitting for long periods of time while trying to absorb huge amounts of information. A quick but fun Wii Sports tournament is sure to get delegates’ blood pumping again, offer a bit of light relief from what can be an interesting but heavy day and help bring the team together for a spot of team building. Furthermore many people may have made New Year’s resolutions to get fit and healthy, but have already fallen off the wagon, so our challenge is a great opportunity to get them motivated again!

“Asthma UK is a very worthy cause and we are delighted to play a part in improving the health and wellbeing of the 5.4 million people in the UK whose lives are affected by asthma. We are also always looking for new ways to improve our meetings and events packages, and hope this will bring a little fun to our delegates’ day.”

The Westerwood Hotel & Golf Resort is one of nine QHotels from around the country participating in the Wii Sporting challenge. The best performer at each hotel over the course of the challenge will win their very own Wii games console.

The Westerwood’s conference offering is continually evolving to meet and exceed the expectations of delegates. New benefits introduced include unlimited Wi-Fi access for all 24-hour and day delegates, healthy fruit smoothies or fruit skewers to kick start morning meetings, home-baked cakes and cookies to liven up afternoon tea breaks and a new range of restaurant lunches.

For more information about The Westerwood Hotel & Golf Resort please go to [www.QHotels.co.uk](http://www.QHotels.co.uk) or call 01236 457171

**- That’s all for now -**

If you’ve got a question, need a few pictures or simply want to pay us a visit... you only have to ask:

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**A little bit about us:**

I QHotels prides itself in its collection of 21 carefully nurtured, unique properties throughout the UK. Some hide away in the most beautiful countryside, some preside over bustling city centres, but each with its own little idiosyncrasies, ensures guest enjoy a truly unique experience - whether staying for

pleasure or business.

- 2 Founded in 2003 by Managing Director - Michael Purtil, Sales Director - David Taylor, Finance Director – Ian Goulding and investment company Alchemy Partners;
- 2 The collection has grown from 2 to 21 properties over the last six years.
- 3 The collection, which boasts iconic properties including The Midland in Manchester, The Queens in Leeds and Crewe Hall in Cheshire, has been voted AA Hotel Group of the Year 2008/09 and is ranked 17<sup>th</sup> in The Times Buyout FastTrack register of the 100 fastest growing private equity backed businesses... one of the few companies to feature in the top 100 in two consecutive years. In addition to this... January 2009 alone saw QHotels shortlisted for the Business Hotel Brand of the Year Award at the Business Travel Awards and Winchester property Norton Park scoop two HRS Hotel Excellence Awards (Excellence in Meetings and Excellence in Business Management). Since then QHotels trophy cabinet is buckling under the weight of new awards, including 'Most Improved Brand' for the second year in a row in the 2009 BDRC UK Meetings Market Survey and the 'Excellence in Training Award' in Caterer & Hotelkeeper's Best Places to Work in Hospitality 2009
- 4 Take a look at our website [www.QHotels.co.uk](http://www.QHotels.co.uk)