



Media Contacts:

Gena Egelston
Marketing & Communications Manager
The Westin St. Francis
(415) 774-0118, gena.egelston@westin.com

Kelly Chamberlin
Chamberlin Public Relations
(415) 336-4332, Kelly@chamberlinpr.com

A NEW TWIST ON FITNESS

**The Westin St. Francis Introduces Nintendo's Specially Designed Wii Console
And Innovative "Brainbody Fitness" Program**

SAN FRANCISCO, CA - JULY 7, 2008 – The Westin St. Francis has introduced two groundbreaking wellness initiatives to help guests maintain optimum physical and mental health (and have a "Wii" bit of fun while doing it) - the installation of Nintendo's interactive, virtual-reality Wii Console in the St. Francis Health Club & Spa and "BrainBody Fitness," a program connecting mental and physical fitness for guests committed to maintaining personal wellness.

Westin Hotels is the first hotel company to partner with Nintendo to create a custom-designed Wii console, and The Westin St. Francis is the first hotel in San Francisco to offer this cutting-edge amenity to guests. Using the innovative motion-sensitive Wii Remote™ controller, guests can get both their body and brain moving with a variety of interactive games, including *Wii Sports* (featuring tennis, golf, baseball, bowling and boxing activities), *Big Brain Academy™: Wii Degree* and *Wii Play™* and others, all played with natural, intuitive movements of the Wii Remote. The Wii Balance Board™ allows hotel guests to participate in a dynamic mix of more than 40 yoga, aerobics, strength training and balance activities. The special Wii system will be updated automatically with brand new Wii games as they become available.

BrainBody Fitness is a program that connects mental and physical fitness through a series of original exercises that provide guests with simple and effective ways to sharpen their thinking and calm their minds and bodies for better health. Expert-recommended mind and body stretches have been placed throughout the hotel, including the front desk, guestrooms, public spaces and St. Francis Health Club & Spa.

The St. Francis Health Club & Spa is a 4,600 square foot state-of-the-art facility featuring a strength area/cardio room with the latest aerobic equipment, four spa treatment rooms and two locker rooms with steam rooms. From cutting-edge fitness equipment to the most unique body treatments in San Francisco, The St. Francis Health Club & Spa is the sanctuary where physical strength meets spiritual wellness. Both the spa and fitness center are available to hotel guests and the general public.

About The Westin St. Francis

Opened more than a century ago on March 21, 1904, The Westin St. Francis still today maintains its preeminence as San Francisco's center of social, theatrical and business life. Renowned for luxury accommodations and excellent service, The Westin St. Francis continues to preserve its rich history and elegance while enhancing the guest experience with fresh, innovative concepts. The only hotel located on San Francisco's famous Union Square, The Westin St. Francis is just steps from The City's best shopping, dining, theatres and art galleries. For reservations and more information, please call (415) 397-7000, toll free (800) 917-7458 or visit www.westinstitfrancis.com.

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