

MEDIA RELEASE

With photo

An award-winning Warwickshire hotel is providing the perfect detox from the busy Christmas season for the business industry.

Coombe Abbey Hotel is giving busy businesses the chance to make sure that 2019 is started right with the New Year, New You Health Kick Meeting Packages which includes massages, healthy food menus and a fitness group to kickstart the day.

The initiative aims to help professionals with their work-life balance and rejuvenate their approach to business whilst being healthier as part of New Years Resolutions.

The packages encourage those working hard during meetings to eat healthier and exercise to encourage better focus and productivity.

Ron Terry, general manager at Coombe Abbey, said the health-focused packages will vastly improve productivity for businesses and create a renewed sense of focus to fight the January blues.

He said: "We launched the 'New Year, New You' package last year and it was incredibly successful with lots of businesses getting involved with this healthier approach to business meetings.

"We're excited to be providing this offering again for 2019, especially with New Year approaching fast, we're sure businesses will want to get involved with healthier New Year's resolutions.

"Companies will start their day at Coombe bright and early with a dedicated fitness guru who will lead warm up exercises in our 500 acres of parkland and lead them on a light jog or walk around a scenic route in the park.

"In-between meetings we also have an expert therapist on hand to deliver five minute massages to help delegates relax in between meetings whilst also boosting their motivation and engagement.

"We will also be offering healthy food menus made with fresh ingredients across the day, to help delegates feel refreshed after all the treats of Christmas.

"Our menus include healthy snacks, full meals and delicious sandwiches including smoked salmon and chicken tortilla wraps, Greek yoghurt and granola slices.

"These healthy approaches to traditional meetings make business professionals far more productive and focused so we look forward to welcoming delegates to rejuvenate and commit to their New Years Resolutions with us in 2019."

To find out more, please call 02476 450 450, email conferences@coombeabbey.com or visit www.coombeabbey.com/deals/new-year-new-you

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