



**Press Release
For immediate release**

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Healthy You – Healthy World! TIME Hotels expands wellness offerings across UAE properties

UAE-based hospitality group introduces variety of new fitness and wellness activities for both in-house guests and staff members as well as new health conscious menu

UAE-headquartered hospitality company, [TIME Hotels](#), has launched a new health and wellness initiative - 'Healthy You. Healthy World' – across all of its properties in line with its Tomorrow's World Corporate Social Responsibility (CSR) programme.

As part of the initiative, TIME Hotels has expanded its offering of fitness and wellness activities, introduced a new health conscious menu and participated in a wide variety of activities to help promote healthy lifestyles for both employees and in-house guests.

At TIME Oak Hotel & Suites, an aqua fitness programme for female senior citizens has been introduced, taking place daily from 7am to 9am; while at TIME Ruby Hotel Apartments boxing classes are taking place twice a week for members and in-house guests; and at TIME Grand Plaza swimming lessons are available for both adults and children – taking place seven days a week between 8am and 9am.

[Mohamed Awadalla](#), CEO, TIME Hotels, said: "Every year TIME Hotels participates in a range of activities to raise awareness of several important regional and global initiatives while also taking the opportunity to support the health and wellness of both our employees and of course our guests.

"Everything we do is focused on having a positive impact and creating a legacy which generations will be able to learn from for many years to come."

Adding to this, Mugs & Munch, a relaxed pastry café and lobby lounge, has created a new healthy menu with a focus on fresh and locally sourced ingredients. Featuring a variety of healthy munch bowls, freshly baked flat bread sandwiches and delicious pastries as well as an extensive tea and coffee menu, fresh fruit smoothies, mocktails and cold soft beverages.

Located in the lobby of TIME Oak Hotel & Suites, Mugs & Munch is the perfect venue for those looking for a quick coffee and an on-the-go nutritious snack, a relaxed catch-up with a friend or an informal business meeting.

Awadalla said: “Creating a menu which offers interesting and healthy food options, with a focus on fresh and local ingredients, is incredibly important to us as we continuously work to broaden our F&B offerings at TIME Oak Hotel & Suites.

“The idea behind the Mugs & Munch menu is to deliver fresh and delicious dishes for those who don’t want to compromise on taste – but still want to be healthy.”

TIME Hotels has also strengthened the positive impact it is making on both employees and guests’ fitness and wellness through an impressive calendar of Corporate Social Responsibility (CSR) activities.

In line with the ‘Healthy You. Healthy World’ campaign, TIME has painted motivational health and wellness quotes on each step between the ground floor and first floor in each of its properties to encourage staff and guests to use the stairs instead of the elevator wherever possible.

Earlier this year, TIME hosted a Yoga Day for both staff and in-house guests and as part of World Health Day, TIME conducted a health check-up, in collaboration with Call Doctor. In all hotels, staff members and in-house guests had access to a free check-up and consultation with a doctor, as well as a training session on the subject of ‘healthy lifestyle’.

Awadalla concluded: “Our overall aim is to promote a healthy and balanced lifestyle and add value to both our in-house guests and our employees’ lives through enhanced offerings at each of our properties, education and employee engagement activities.”

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For more information, please log onto <http://www.timehotels.ae/>

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