Fairmont MAKATI PHILIPPINES

HEALTH & WELLNESS EVENT OPTIONS

Featuring LifeStyle Cuisine
& LifeStyle Cuisine Plus

Zumba Jam Business Break

Avoid the weary feeling that comes from sitting still in meetings that take hours at a time. Choose a new approach by engaging your participants to energetic exercise drills and delicious menus made with fresh, organic ingredients that promote healthy living and lifestyle.

Get yourself into shape and increase productivity with Zumba Jam. A 15 minute energetic fun-filled fitness class that infuses easy to follow dance moves from samba, salsa, meringue and mambo. Combining Latin moves with modern heart pumping music, Zumba Jam improves your participants' cardio vascular health while increasing productivity and promoting positive morale and well-being

Sample Wellness Menu

Fresh fruit juice station (carrot, apple, orange, grapefruit)

Fresh fruit salad, sugar-free with lemon grass
Gluten-free carrot bread
Home-made granola bars
Dried mango oatmeal cookies
Roasted vegetable sandwich on multigrain bread

Event Includes
Use of Gym Towel
Flavored Water
Fresh fruits

Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

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1 Raffles Drive
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Fairmont SIGNATURE EVENTS