



## Health & Wellness Event Options

Featuring LifeStyle Cuisine  &  
LifeStyle Cuisine Plus 

### Boot Camp and Breakfast

Fairmont Pittsburgh is proud to offer Health and Wellness options to our guests even when they are away from home. Your group will enjoy a Fitness Boot Camp tailored to your group by one of our Health Club Trainers. After Class, head to Breakfast with a menu from our Lifestyle Cuisine Menu.

#### Sample Menu

##### *Health Focused Breakfast Buffet*

##### Fresh Orange and Grapefruit Juice

Vine and Tree Ripened Sliced Fruit with Seasonal Berries 


Turkey Hash, Scrambled Egg Whites, Scallions, Tomatillo Salsa 


Assorted Bagels and Low Fat Cream Cheese, Fruit Preserves 

Regular and Decaffeinated Coffee, Selection of Specialty Teas

#### Package Includes:

- Delivery of Fairmont Fit Clothing to the Guests overnight room
- Tailored Boot Camp for the Entire Group including all equipment necessary
- Breakfast selected from the Lifestyle Cuisine Menu

 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.

#### Fairmont Pittsburgh

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