

Specialty Juice and Smoothie Creations Target Travelers' Need for Healthy Options on the Go

□ **CHICAGO (March 6, 2009)** – The thought of taking time for a healthy breakfast rarely breaks the stride of the jet-setting business traveler. Recognizing that guests are interested in maintaining a healthy lifestyle while traveling, **Park Hyatt** has teamed up with renowned Brazilian nutritionist, Patricia Teixeira, to launch its **Healthy Living at Park Hyatt** menu.

Noted for her nutritional work with international sports figures in her native Brazil and abroad, Teixeira has developed, exclusively for **Park Hyatt**, the **Healthy Living** menu, which includes a selection of smoothies and juices. Drawing on her background in physiology and sports biochemistry, Teixeira has crafted these fresh organic concoctions to target specific ailments that frequently plague the weary traveler, from immune system deficiencies to jet lag. The menu includes descriptions of ingredients and their health benefits, as well as recommendations on the best time of day to consume each selection.

On the heels of successful pilot programs launched at **Park Hyatt** hotels in Dubai, Paris and Moscow, late last year, these healthy on-the-go creations will expand to the other 21 **Park Hyatt** properties in **April 2009**.

The **Healthy Living at Park Hyatt** menu includes smoothies and juices such as:

- **CARE SMOOTHIE** is prepared with a selection of ingredients, which include raspberries, a powerful antioxidant, and aloe vera, which aids digestion.
- **BALANCE SMOOTHIE** includes bananas and cocoa, which support circulation and aid digestion.
- **GOOD ENERGY JUICE** contains carrots, apples and spinach, which assist in balancing blood sugar levels and supporting digestion.
- **DIGESTION JUICE** is prepared with high fiber fruits such as kiwi and pineapple, which make food travel slowly through the digestive tract, enhancing the absorption of important nutrients.
- Among other ingredients, **ANTI JET LAG JUICE** contains kale, which is effective for detoxification, and pumpkin seeds, which assist in producing the body's sleep hormone – melatonin.

About Park Hyatt

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For further information:

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