



Press Release Contact Information:
Evangeline Imperial
Renaissance Vancouver Hotel
Director of Sales & Marketing
E-Mail: [Email us Here](#)

Renaissance Vancouver Hotel Harbourside Helps Guests Keep New Year's Resolutions for Healthy Living

The year is now in full swing and the Renaissance Vancouver Hotel Harbourside is helping guests get in gear to keep those healthy New Year's resolutions they set back in December.

/24-7PressRelease/ - VANCOUVER, BC, CANADA, January 12, 2008 - The year is now in full swing and the [Renaissance Vancouver Hotel Harbourside](#) is helping guests get in gear to keep those healthy New Year's resolutions they set back in December.

"We are extremely proud of the healthy living options we offer here at the hotel," states Director of Sales & Marketing, Evangeline Imperial. "Now, more than ever, guests are looking for a lodging alternative that understands that whether at home or abroad, they want to continue on the course of healthy eating and living, and we provide that seamless transition when traveling to Vancouver."

The Renaissance Vancouver Hotel Harbourside is not only a smoke-free hotel, but offers guests an array of healthy living options, suited to give guests the nudge they need to keep with the healthy goals they've set for themselves.

Along with an in-house, state-of-the-art fitness center, the hotel also offers an array of smaller, in-room exercise equipment for guests' convenience and privacy. The hotel's public health club features Life Fitness Treadmills along with headsets for television viewing during workouts. Cardiovascular equipment, free weights, Apex, stair master, rowing machine and stepper are also available in the fitness center to create a place to work-out and enjoy the company of others doing the same.

After refreshing early morning workouts, healthful menu options are available for breakfast in Patina Restaurant. This [downtown Vancouver restaurant](#) specializes in simple and fresh, chef created food, surrounded by bright and vibrant 20-foot floor-to-ceiling windows to let the morning light shine in. Patina's offers an international menu, prepared daily with zero trans fat, which lets guests indulge in guilt-free cuisine that's not only figure friendly, but tastes unbelievably delicious as well.

Time spent at the picturesque indoor pool and whirlpool makes for a refreshing way to burn calories and keep the heart rate up, while enjoying time alone or spent with friends and family.

Whether it's a family vacation, a romantic getaway or a business trip, travelers can enjoy the many ways that the Renaissance is encouraging a healthful year with various [Vancouver hotel packages](#). The Renaissance Vancouver Hotel Harbourside offers guests a whole host of ways to look and feel great in the New Year, helping personalize travel that helps make, and keep, resolutions.

About Renaissance Vancouver Hotel Harbourside

Located on the waterfront in British Columbia, the Renaissance Vancouver Hotel Harbourside is in the heart of it all and is within walking distance of the Alaska Cruise Ship Terminal and the Vancouver Convention and Exhibition Centre, as well as being just steps away from shopping, Historic Gastown and the 1,000 acre Stanley Park. Enjoy the scenic attractions of downtown Vancouver while staying in one of their hotel suites and hotel rooms facing Coal Harbour. This [Vancouver waterfront hotel](#) offers 18,000 sq ft of meeting and event space, perfect for conferences, banquets, and weddings. Visit our fully equipped fitness centre with indoor pool, whirlpool, sauna and exercise area. Whether traveling for business or pleasure, this downtown Vancouver, BC Canada hotel has something for everyone. For more information or to make a reservation call 604 689 9211 or visit <http://www.marriott.com/hotels/travel/yvrrd-renaissance-vancouver-hotel-harbourside/>.