

Contact:

Kameron Nesen

Director of Public Relations

California Health & Longevity Institute

kameron.nesen@fourseasons.com

(818) 575-1426

****PRESS RELEASE****

California Health & Longevity Institute Launches New Weight Loss Programs and Packages at Four Seasons Hotel Westlake Village

Los Angeles, CA (December 2016)—Four Seasons Hotel Westlake Village and California Health & Longevity Institute offers guests the sophistication and credibility of a world renowned wellness center with the luxury of Four Seasons service and accommodations. Just in time for 2017 resolutions to kick off, the Hotel and wellness center announce the launch of three new weight loss programs, each designed to accomplish specific goals and health objectives.

The new **Weight Loss Package** is a three-day, all-inclusive overnight package created to jumpstart a change in healthy living habits. Intended for guests who need a quick and comprehensive experience to induce weight loss and learn the skills to make sustainable and on-going change. The experience includes healthy daily meals, fitness testing, nutrition consultations, personal training, life strategies session, alternative and holistic treatments, and two follow-up phone consultations following the program. The three-day, two-night package is USD 2300 per person (not including taxes and fees).

Fit Four All Seasons is an exclusive virtual fitness training program designed and led by California Health & Longevity Institute's team of wellness experts and provides personalized guidance and training for each user's goals, schedule and preferences. This customized fitness training program can be accessed anywhere throughout the world from the guest's mobile device and allows the guest to sustain their workout regime and healthy habits. The mobile software allows our exercise physiologists to customize personal workouts, and adapt these workouts in real time as fitness needs change to maximize the guest's success. Analytics are measured and monitored by the Institutes expert team and include components such as heart rate variability, exercise duration, distance, intensity factor, blood pressure, body composition, training test score, number of steps and dietary habits. Fit Four All Seasons is USD 250 per month and requires a four month minimum commitment.

Weight Loss Your Way is a four-week program highlighting the expertise and capabilities of the team at California Health & Longevity Institute. This weight loss program includes healthy daily meals with portions that match a guest's calorie needs, a pre-and-post Health Consultation, Body Composition Analysis (BOD POD), Nutrition Consultation, Metabolism Assessment, Wellness Kitchen cookbook, educational workshops, and unlimited access to the Fitness Center and a variety of group classes. The four-week program is USD 450 per week and requires a four week commitment.

For more information or to book the above weight loss programs at Four Seasons Hotel Westlake Village and California Health & Longevity Institute, please visit fourseasons.com/westlakevillage/wellness or call (818) 575-1114.

About California Health & Longevity Institute

Located just North of Los Angeles at Four Seasons, Westlake Village, California Health & Longevity Institute (CHLI) is the only place of its kind offering a seamless integration of evidence-based medicine with qualified experts and programs designed to improve health, wellness and education for individuals and organizations. The Institute uses a 360-degree approach by integrating five disciplines to achieve lifestyle and well-being goals: Medical, Nutrition, Fitness, Life Balance, and Spa. An on-site medical clinic fuses the latest breakthroughs in Western preventive-care medicine with complementary and alternative Eastern medical techniques, and houses a complete imaging suite, dermatology center and a medical laboratory. For more information, please visit www.chli.com.

About Four Seasons Hotel Westlake Village

As the world's leading operator of luxury hotels, Four Seasons Hotels and Resorts currently manages 91 properties in 37 countries. Open since 2006, Four Seasons Hotel Westlake Village provides a preferred address for both business and leisure travelers, and the highly personalized, anticipatory service that Four Seasons guests expect and value around the world. The Los Angeles Valley hotel features 269 luxuriously appointed guest rooms, 40,000 square-foot award-winning spa, and state-of-the-art California Health and Longevity Institute on 20 acres of lush grounds. For more information on Four Seasons Hotel Westlake Village, California, visit www.fourseasons.com/westlakevillage/