

Westin Cape Town goes the distance on Global Running Day

Despite the severe weather conditions in the city, the Westin Cape Town marched on and marked Global Running Day by encouraging guests and members of staff to do a brisk walk or jog on three treadmills placed on its ground floor between 6am and 6pm. Westin ambassadors Tarryn Lamb from the music trio BlackByrd, along with radio personalities such as Jeremy Harris, Rob Vember, Liezel van der Westhuizen, Zoë Brown, and *Suidooster* actor Marco Spaumer participated in the event.

The hotel had set out to achieve 200km within the 12 hours and exceeded its target by 11km and to celebrate this achievement, the hotel also donated R10,000 to the Heart and Stroke Foundation to support its efforts in providing awareness on the dangers of the associated lifestyle diseases.

In line with the hotel's Move Well programme, guests are also spurred on to continue their exercise programmes by making use of the Westin Workout Gym at which they can borrow New Balance gear from the hotel during their stay.

For more, visit: <https://www.bizcommunity.com>