

MEDIA INFORMATION
15th March 2010

**ARORA HOTELS WILL BE WALKING THEIR WAY TO A HEALTHIER
LIFESTYLE ON THE NATIONAL WALK TO WORK WEEK**



National charity Living Streets run the Walking Works campaign, funded by the Big Lottery Fund, to highlight the role that walking can play in bringing some much-needed activity into our daily lives. Arora Hotels is taking part in this year's event by organising an internal campaign to promote the Walk to Work Week (26 – 30 April 2010) and encouraging its staff to walk all or part of their daily commute.

Walk to Work Week is an annual reminder that walking all or part of the commute is fun, green and healthy and can be slotted in to even the busiest lives. By walking for just 30 minutes a day during the working week, whether that's on the way to, from or during work, means meeting the governments recommended level of daily activity to transform your health. In addition to the known health benefits, regular exercise such as walking is known to boost performance at work and counter lethargy, stress and depression.

Anne Davey, Group Human Resources Director for Arora Hotels commented: "Our staff mainly travels to work by public transport so incorporating walking into our daily lives comes naturally". She added: "Walking brings great benefits both for team members and for Arora Hotels as a whole. By widely promoting the Walking Works campaign everyone is being encouraged to get off one bus or tube stop earlier or walk up/down one flight of stairs so we hope to achieve a high distance walked."

Tony Armstrong, Chief Executive of Living Streets said: "Being active doesn't have to mean costly gym sessions, or marathon running attempts - there is a free and easy way to work more exercise into your daily routine, and it is often overlooked - give yourself a daily dose of walking. "The benefits of walking more are huge and not only for your health, but to give time to plan for the day ahead, or to unwind after it. That time spent walking, whether on your own or with colleagues, is a chance to take a step back from your inbox, breaking up your day and improving your productivity once you return."

- Ends -

Note to editors

About Arora Hotels – www.arorahotels.com

Arora Hotels is an independent hotel company owned and founded by Surinder Arora in 1999. It is the UK's leading specialist hotelier to the airline industry and one of the fastest growing private hotel companies in the UK.

The portfolio currently comprises of 7 hotels with over 2500 bedrooms. Prime locations include Arora Hotel Heathrow, Arora Park Hotel Heathrow, Arora Hotel Gatwick/Crawley, Arora Hotel Manchester city centre, the flagship Sofitel London Heathrow, directly connected to Terminal 5 Sofitel London Gatwick at the North Terminal and Mercure London Gatwick. Both Sofitel hotels and the Mercure operate under a franchise agreement with Accor Hospitality.

At the Brit Oval, Arora is currently working in partnership with Surrey County Cricket Club on the development of a four-star, 168-bedroom hotel.

About Living Streets

Living Streets' national Walking Works campaign is part of a portfolio of projects being delivered by Travel Actively, a consortium of leading walking, cycling and health organisations committed to providing opportunities for 1.8 million people to become physically active through active travel by 2012.

Funded through the Big Lottery Fund's Wellbeing fund, the consortium partners are British Cycling, CTC, Campaign for Better Transport, Cycling England, Living Streets, London Cycling Campaign, the National Heart Forum, the National Obesity Forum, the Ramblers, Sustrans and Walk England.

The Big Lottery Fund, the largest of the National Lottery good cause distributors, has been rolling out grants to health, education, environment and charitable causes across the UK since its inception in June 2004.

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