

WESTIN[®]
HOTELS & RESORTS

Journey to Well-Being with Rachael Finch

A wellness guide

For a better you.[™]





Rachael Finch's modelling career has seen her travel the world, and her passion for television presenting has led to appearances on various shows including "Dancing with the Stars".

Now a Certified Health Coach, Rachael enjoys all forms of exercise from skipping to water skiing, and believes good nutrition is key to staying fit and healthy.



“ Fitness is not just about looking good, but feeling good too. I'm really excited to be appointed as a Westin brand Well-Being Advocate. Westin shares my belief in sensible nutrition and exercise as the key to a radiant self. I hope guests will be inspired towards holistic living through my wellness approach. ”

– Rachael Finch

☾ Sleep Well



Ingredients for a Restful Sleep

Magnesium

Try magnesium as a natural ingredient to promote restful sleep patterns. It also calms your nerves and muscles.

Chamomile

Sip chamomile tea from about 30 minutes after dinner until an hour before bed. You can also use dried chamomile flowers in your bath to soothe itchy skin and relax from the day's stresses.

Lavender

Apply lavender oil to your wrists and soles of your feet to induce slumber. Studies have shown that inhaling lavender produces soothing and sedative effects.



My Sleep Well Tip



I always try to get at least 7 hours of sleep a night, by making time management a priority so I can get in bed earlier.





Eat Well



Nutrition Made Easy

These easy-to-make recipes are packed with nutrition for a balanced diet.

Pea, Corn and Zucchini Frittata

- Mix the following in a large mixing bowl: 2 large grated zucchinis, 1 cup peas and corn, 1 cup almond meal, 2 large free-range eggs, 2 tablespoons coconut oil with salt and pepper to taste.
- Bake the mixture in a baking pan for 40 minutes at 180 degrees.

Power Boost Blend

- Combine ½ cup ice cubes with 2 cups spinach, 2 stalks of celery, 1 cucumber chopped up, 1 lime and 1cm of peeled knob ginger. Blend well, and serve.

Tropical Green Smoothie

- Blend 2 cups baby spinach, 1 cup coconut yoghurt, 1 cup fresh pineapple chunks, half a cup of fresh mango chunks and 1 tablespoon chia seeds with a little water until smooth.



Better Nutrition on the Road

Westin SuperFoodsRx™

Check out the Westin SuperFoodsRx™ menu created together with doctors and nutritionists for tasty dishes that are packed with nutrients and energy.

Westin Eat Well Menu for Kids

If you're travelling with kids, opt for the Westin Eat Well Menu for Kids, a healthy menu pulled together by SuperChefs™, a group of doctors, dentists, dieticians and chefs dedicated to educating kids on the merits and fun of eating smart.

My Eat Well Tip

Here's what I usually have on my plate:

Breakfast

I start off with some fruits and dark rye toast with avocado and tomatoes.

Lunch

Lunch for me is usually a big bowl of salad with roasted pumpkin, pine nuts, sundried tomatoes, olives and spinach.

Snacks

Try a soy cappuccino, cold pressed juices and some mixed nuts. For dessert, I sometimes go for dark chocolate or Greek yoghurt.

Dinner

Eat early, and avoid going to bed on a full stomach. I enjoy oven-based salmon with steamed greens and sweet potato mash.





Work Well



A Well-Balanced Work Life

Free Your Mind

Research proves that cramped spaces restrict creativity. Try scheduling brainstorming sessions in spacious rooms with windows that let in natural light.

Ace Your Presentation

Having a key presentation? Pack your notes and set out your outfit for the next day, so you have one less thing to worry about on the day itself.

Plan Ahead

Take out 30 minutes of your workday to plan your workflow for the day. Spending time to plan your time can help you get more task-oriented and productive.

Be Realistic

To improve work-life balance during a hectic period, build in realistic goals, such as leaving the office earlier one night per week.



My Work Well Tip

“ If you're at Westin, make use of the Clutter-Free Meeting station. Not only is it eco-friendly with energy-efficient light bulbs and water pitchers, you get an open, streamlined space that'll inspire fresh thinking. ”



Melt the Day's Stresses Away

Staying at Your Best, Away from Home

- Get a massage. Ask the concierge to recommend a good spa in the local area, or, if you're staying with Westin, take advantage of their in-room service.
- At the end of a long day or flight, I lay on the floor and prop my legs directly up the wall for at least ten minutes. This increases blood circulation to my heart and relieves my aches.

Treat Yourself

A Pampering Spa

Get back to your best self with a spa treatment. The blissful pampering will uplift you mentally and physically, giving you better quality sleep and fewer sick days.

Reward Yourself

Make a conscious effort to reward yourself. After a particularly long day at work or when you've hit your goals, go for a massage, or go for a movie. This helps you regain motivation and focus for your next challenge ahead.





Play Well



Find Your Own Space

Check Out the Local Scene

Attend a local book reading or event. It's a great way to enjoy close contact with the local scene and its people.

Unwind with Music

Find time to attend a live concert. The rush you feel in that electric atmosphere elevates your mood and offers you a lasting high.

Find Your Hobby

A little recreation daily helps balance the stress of a busy life. Some seek thrill and action while others welcome a good read. Find the right hobby and delight in the things you enjoy.



My Play Well Tip

“ I constantly make the effort to schedule in things that fill me with contented happiness, such as playing with my daughter Violet, getting a massage or playing my favourite music. ”



Keep Fit

Set Your Goals

To keep yourself motivated, set your fitness goals, and be as specific as you can, eg. Increase push up reps by 5 for each set. To encourage yourself further, find an aspiration picture to put up – a picture of yourself in a dress you want to get back into.

Run the City

To overcome jetlag, run the city. No gear? The Westin Gear Lending program lets you pack light while staying fit.

Fitness Round the Clock

Use your hotel's gym – Westin's WORKOUT® Fitness Studio is open 24/7 to fit your schedule.



My Move Well Tip

“ Don't let bad weather affect your fitness regime. Try indoor skipping as a cardio workout that will tone your entire body from thighs, butt, calves, shins, arms to stomach. To add variety to your skipping routine, try alternating your feet. On one skip, transfer your weight onto one foot, then back again to the next. ”