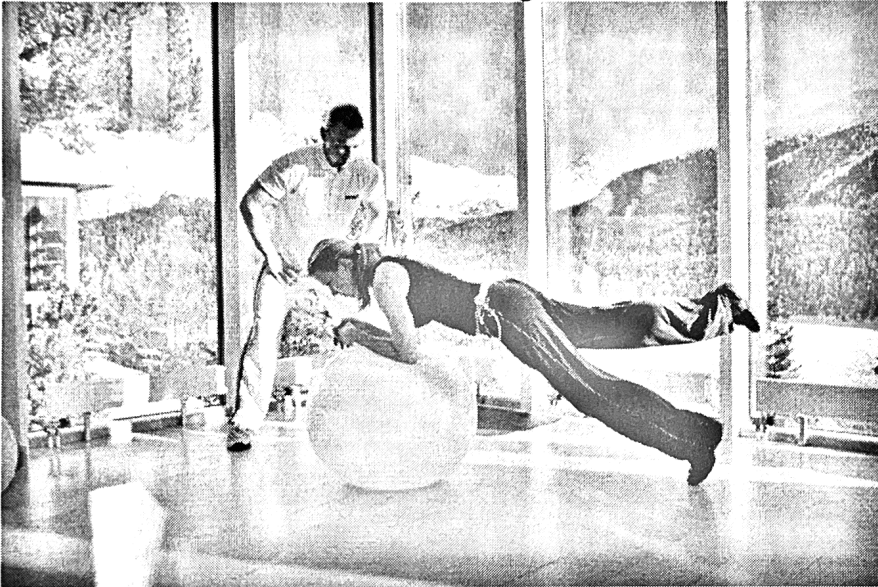


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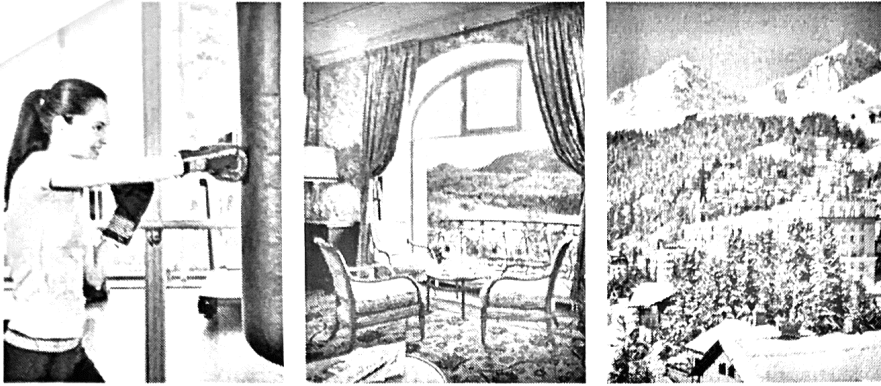
Reach New Fitness Heights At The Kulm Hotel St. Moritz



The Kulm Hotel is a wonderful property we had the pleasure of visiting last year and holds the distinction of being the first to be built in St. Moritz opening its famous doors just over 150 years ago.

Owned by the Niarchos family, the luxury hotel has a multitude of activities to help you to get fit. These include the 9-hole Kulm Golf Course St. Moritz, three tennis courts, a natural ice rink, a curling field and the Marmotta Club for children. **The Kulm Hotel St. Moritz** is inextricably linked to the Cresta Run through the Sunny Bar, where tobogganing pilots have congregated for decades; the walls are lined with trophies and images of famous people who have hurled themselves down the infamous ice track.

For those that might have indulged a little too enthusiastically over the holiday period, you might be looking down at your paunch and thinking, 'I need a holiday but need to lose that!'. The good news is that on top of the various activities above, the hotel has introduced a further secret weapon in the form of Joachim Pötschger, a celebrity trainer who has developed a mind and body programme called persofit@ exclusively for the property. Whether you're looking to get fit ahead of hitting the slopes, lose a few pounds before your wedding or improve your distance running performance, Joachim Pötschger, affectionately known as JoPo, will get you on the right track.



JoPo has trained a number of celebrity guests at the hotel and uses several methods to ascertain the health and fitness of individuals in the Kulm Spa St. Moritz, including a simple metabolic test that provides data on muscular composition, flexibility and agility of the motor axes, which can then be used to generate a bespoke personal workout programme.

If the combination of luxury accommodation and an opportunity to get fit has whetted your appetite, **Kulm Hotel St. Moritz** has a special package called the Kulm Spa Closeup, which includes three nights' accommodation on a half-board basis, the test, an hour's personal training and two spa treatments (one a bath, the other a massage).

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