



Loews Vanderbilt Hotel and Nashville-based celebrity fitness trainer Erin Oprea partner to launch new fitness and health program

Balance with Erin Oprea to feature in-room fitness, trainer-approved menu options and healthy happy hours

NASHVILLE, Tenn. (June 15, 2015) --- Guests at Loews Vanderbilt Hotel will now be able to get a full workout in the comfort of their room, dine on athlete-inspired options at every meal inside Mason's, and even imbibe on healthier cocktails during happy hour with the launch of Balance with Erin Oprea.

In partnership with Nashville-based fitness expert and trainer-to-the-stars Erin Oprea, whose celebrity client roster includes Carrie Underwood, Jennifer Nettles and Lee Ann Womack, the program takes a holistic approach to help guests achieve their health and fitness goals while on the road or while simply dining out locally.

"We're thrilled to be partnering with Erin Oprea, one of the biggest rising stars in fitness," said Tony Phillips, general manager of Loews Vanderbilt Hotel. "With health being one of the major trends in travel right now, we knew it was imperative to ramp up our offerings, but we wanted to do it in a way that would be hyper local, unique to our hotel, and expert driven." He added, "This program captures all of the things that our guests are looking for and puts a true Nashville twist on it."

For guests staying at the hotel, the Balance with Erin Oprea program features a complete and private workout in the comfort of their own room. With a quick call to housekeeping, equipment hand-picked by Oprea, including a yoga mat, stability ball, resistance bands and a resistance band anchor, is delivered complimentary to the room in minutes, along with a booklet featuring a full-body, intermediate level workout designed and demonstrated by Oprea. Guests looking for more basic or advanced moves can visit Erin Oprea's Instagram, specifically designed for Loews guests, at [BalanceWithOprea](#) to find video demonstrations of modifications and additional workout ideas.

"As someone who works with clients who travel a lot, I see firsthand how difficult it is to maintain fitness and health routines while on the road," said Oprea. "This partnership is so exciting because it makes fitness and nutrition easy, private and personal for each guest while offering access to an elite training experience that I guide them through step by step."

In addition to fitness, guests can enjoy healthy, seasonal dishes at Mason's during each meal period, including dessert, signified by a vintage dumbbell symbol on the menu. A collaboration of Executive Chef Brandon Frohne and Oprea, each dish follows a strict set of nutritional guidelines including low sugar, low sodium, high protein and healthy fats. Dishes include Persian breakfast frittata with shaved asparagus, dried cherries and chickpea mash; Swiss chard and oyster mushroom tacos with avocado and chipotle crema; grilled halibut with smoked romesco, grilled zucchini, fennel and mint; and blackberry peach pie crepes with skim milk ricotta and pistachio granola.

In addition to healthy meal options, Mason Bar will feature a low-sugar, low calorie specialty cocktail daily. The bar will also host Healthy Happy Hours with Erin Oprea throughout the year. The first event, slated for July 16, invites attendees to don comfortable workout attire, enjoy happy hour pricing on healthy bar snacks and cocktails, learn Oprea's favorite fitness moves and nutrition tips, and consult directly with Oprea on their own health and fitness questions.

To learn more about Loews Vanderbilt Hotel and to book your stay, visit loewshotels.com/vanderbilt-hotel/ or call 1-800-336-3335.

About Loews Vanderbilt Hotel

Located in Nashville's exclusive Midtown, Loews Vanderbilt Hotel offers a contemporary yet comfortable escape in the heart of Music City. The hotel, which has received more than \$20 million in renovations since 2013, features 340 rooms, including nine well-appointed suites, and modern, tech-savvy gathering spaces to do business or casually mix and mingle. Our restaurant, Mason's, offers Southern-inspired fare with Appalachian and European influences, while our rustic, public house-style bar, Mason Bar, serves local beers, wines and spirits in a casual cool setting. Just one mile from the famous Music Row and within walking distance of Vanderbilt University, Loews Vanderbilt Hotel boasts an ideal location to experience one of the country's most popular destinations.

About Erin Oprea

Erin Oprea, owner of Oprea Personal Fitness, provides elite, in-home, one-on-one training for busy professionals in the Nashville area. With a focus on functional fitness and a straight forward approach to nutrition, she has helped create healthy lifestyles for celebrities, executives, music industry leaders and great people dedicated to an active, fun life for over a decade. For more information, visit the website at ErinOprea.com or call 615-920-4593.

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