



CONTACT: Liana Mulleitner
(808) 944-4411
lmulleitner@hiprince.com

**HEALTH AND WELLNESS IS THE TOP PRIORITY AT THE
HAWAII PRINCE HOTEL WAIKIKI AND GOLF CLUB**

FOR IMMEDIATE RELEASE

HONOLULU - Hawaii business development leaders report that Health and Wellness Tourism is a fast growing field in the Hawaiian Islands. Several companies offer Wellness programs for guests and tourists. The Hawaii Prince is the first to offer a full scale Wellness program for all of their employees.

The Hawaii Prince Hotel Waikiki and Golf Club is serious about Wellness in their workplace. They will take care of their employees who in turn, will share their healthy lifestyle, attitudes, spirit, and care to visitors from around the world.

Journey into Lokomaika'i was launched early in 2001 said Dinny Trinidad, Director of Human Resources and originator of the program. "Our culture is values based at The Hawaii Prince Hotel Waikiki and Golf Club. We share with kindness from within. Our Journey explores ways in which everyone can nurture these values. We have developed programs in which all employees can refuel and reenergize themselves so that we can embody the spirit of Aloha."

In the months since this program started the following changes have been made: the cafeteria now offers Vegetarian fare along with fish & chicken entrees plus a



spectacular salad bar, soy milk is a popular choice of beverages, sugar and white flour products are kept to a minimum. Healthy snacks, such as mixed raw nuts, seeds and raisins are available in each department for employees. A *LomiLomi* practitioner visits departments and offers massages and a caring ear. All are encouraged to take part in physical activities. Employee participation is enthusiastic with swimming lessons for the family, bowling, weekend hikes, and a planned basketball camp later this summer.

Elaine Willis, PhD, a respected authority on Wellness works closely with The Hawaii Prince Hotel Waikiki and Golf Club. She visits the hotel twice a month and spends a total of four days giving lunch-and-learn workshops on Wellness and Mind-Body health. She shares ideas for a healthy lifestyle and takes the overall pulse on wellness for the entire staff. Dr. Willis created **HEALTHY PEOPLE, HEALTHY BUSINESS**, a PBS-TV program that reported on companies who were using Wellness principles in the workplace. She is highly enthusiastic with the initial results of the program and “is in for the long term,” knowing that the principles introduced cannot help but produce positive results.

The initial response to the “culture change” has been phenomenal says Dinny Trinidad. “The awareness is growing and the personal commitments being made are encouraging us to continue to look for more ways to touch everyone Another group has formed the “non-smokers club” and the entire hotel is supporting their efforts.

Located at the gateway to Waikiki, overlooking the serene and picturesque Ala Wai Yacht Harbor, Hawaii Prince Hotel Waikiki & Golf Club, a



AAA Four-Diamond hotel, presents 521 beautifully furnished oceanfront rooms and suites with floor to ceiling windows, and is within easy walking distance of Ala Moana Shopping Center, Ala Moana Beach Park and the new Hawaii Convention Center.

Prince Resorts Hawaii, Inc. operates four hotels in Hawaii under the ownership of: Hawaii Prince Hotel Waikiki, Corp. (Hawaii Prince Hotel Waikiki and Golf Club); Maui Prince Hotel, LLC (Maui Prince Hotel, Makena Resort); Hapuna Beach Prince Hotel, Corp. (Hapuna Beach Prince Hotel); and Mauna Kea Beach Hotel, Corp. (Mauna Kea Beach Hotel). Prince Resorts Hawaii, Inc. is one of the largest golf operators in Hawaii with a total of Ninety-Nine Holes of Golf at its four properties. For information or reservations at any of the Prince Resorts Hawaii, Inc. properties, please call toll-free (866) PRINCE-6 or check out its Web site at www.princeresortshawaii.com.

Prince Hotels operates 82 hotels and resorts worldwide with total number of rooms exceeding 26,000. Headquartered in Japan, Prince Hotels is Japan's largest hotel operator with 74 hotels and resorts; eight hotels alone in Tokyo. Signature properties of Prince Hotels include The Tokyo, Akasaka and Takanawa of Japan, and Hapuna Beach Prince Hotel of Hawaii. Prince Hotels also owns and operates 44 golf course in Japan, four in Hawaii and one in Alaska.