

## MEDIA RELEASE

31<sup>st</sup> January 2017

### INVERNESS CALEDONIAN THISTLE PLAYERS HELP GUESTS TO KICK OFF A HEALTHIER LIFESTYLE AT GOLF VIEW LEISURE CLUB

Inverness Caledonian Thistle stars **Gary Warren** and **Carl Tremarco** made a splash at Golf View Hotel & Spa in Nairn on Sunday (29 January 2017) to encourage a happier and healthier lifestyle in 2017.

At a busy open day event within the hotel's Leisure Club, guests and visitors were put through their paces in the modern gym, received pampering treatments in the spa and made a splash in the pool with breath-taking panoramic views across the Moray Firth.

Caley Thistle captain **Gary Warren** who has just returned to Scottish Premiership action after the winter break, commented:

"I was happy to come along and support the event at Golf View. It was a great opportunity to chat to some of the youngsters and inspire them to create the foundations for a healthy lifestyle."

Marc MacDonald, Golf View Leisure Club Manager added:

"We're keen to encourage local families to pursue a happier and healthier lifestyle this year, so it was great to welcome Gary and Carl along, at the weekend.

"The fantastic facilities we have here at Golf View offer an inclusive health and fitness offering for all of the family. Whether you want to work out in the gym or relax and build up your cardio fitness in the pool it's a great environment to spend quality time together and get fit and healthy."

Golf View Leisure Club is currently offering members who sign up before 28 February 2017 a free health assessment, testing cardiovascular fitness and muscular endurance to allow members to determine their health and fitness goals.

*Royalty free picture features Gary Warren with daughter Minnie and Carl Tremarco and his daughter Mirabella making a splash at Golf View's Leisure Club in Nairn.*

**ENDS**

Issued by Electrify Marketing and Communications on behalf of Crerar Hotels. For more information please contact Lawrence Broadie – [lawrence@electrify.me.uk](mailto:lawrence@electrify.me.uk) or call 07966 216 270

#### **NOTES TO EDITORS**

Crerar Hotels operate 13 hotels and inns across the UK, of which 12 are based in Scotland. Uniquely, up to 50% of the group's distributable profits are donated to charities local to Crerar Hotels. The charitable trust has donated over £7million in the past 16 years.

Crerar Hotel Group (CHG) was formed in 2005 with Paddy Crerar as Chief Executive who has previously developed a chain of 32 hotels and successfully led a group sale in 2005 at the peak of the hotel market. In addition to Crerar Hotels the group also operates Crerar Management a consultancy that specialises in hotel asset recovery and [www.easybreaks.com](http://www.easybreaks.com) a UK based hotel room sales agent marketing more than 400 independent and chain hotels.