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## Private Gyms In Your Hotel Room Help You Stay Fit While You Travel



*The personal fitness station in a "Five Feet to Fitness" hotel room.*

Paying attention to the fitness needs of travelers has become increasingly important to hotels. As brands compete for customers, wellness and workout amenities are getting great consideration, and the bar is continually being raised, with significant upgrades coming to the market recently. Last month, [I wrote about Westin](#), which had just introduced high-end Peloton interactive bikes in fitness centers in 30 hotels as well as in select guest rooms. I've also covered [hotels that make it easy to practice yoga in your room](#) with instruction and gear, as well as [New York's Triumph hotel group](#), which partners with FitReserve to offer guests access to the city's top studios in a wide range of active pursuits.

Today, Hilton Hotels is upping the hospitality industry ante for in-room fitness and wellness options. Dubbed "Five Feet to Fitness," Hilton's new room category combines the traditional guest room with a mini-fitness center and makes it more convenient and private than ever to work out while on the road (so convenient that I'd imagine feeling guilty if I didn't take advantage of it.) The rooms include a Gym Rax functional training station with equipment for strength, core, suspension and HIIT (high intensity interval training). Accessories in the station may include Lyft med weighted balls, Sandbell neoprene free weights, TRX suspension trainer, a yoga mat and block, balance ball and half balance ball trainer. Also within the station is a touch screen display with guided workout and equipment tutorials. Hilton partnered with Aktiv Solutions to create more than 200 videos covering fitness categories such as cardio, endurance, HIIT, strength, yoga, stretch, recovery and cycling.

The cycling videos are there because the room also includes an indoor training bike from British company Wattbike, and guests can get a ride in no matter what the weather. Other Five Feet to Fitness room amenities

include a meditation chair, blackout shades for better sleep, Biofreeze gel to ease sore muscles, and a selection of protein and hydration beverage options.

Ryan Crabbe, senior director, global wellness at [Hilton](#), said, via release. “We know that no matter how determined people are about making healthy decisions while at home, the ability to replicate those choices are often not as accessible as they should be while traveling. We’re creating choice and control for guests to drive their own fitness experience.”

Five Feet to Fitness rooms just launched and are now available in Parc 55 San Francisco and Hilton McLean Tysons Corner, Virginia. The program will next be rolled out to Atlanta, Austin, Chicago, Las Vegas, New York and San Diego, with an expectation of 100 hotel rooms by the end of the year. For any Hilton hotel to participate in the program, they are required to equip a minimum of three rooms.



*Practicing yoga in the privacy of your own hotel room is easy with in-room guided workout videos and equipment.*

The Five Feet to Fitness rooms are just one part of Hilton’s efforts to modernize the hospitality fitness experience and make it more inclusive, and they appeal to everyone from the hardcore workout junkie to those uncomfortable in the public gym setting. The company is also redeveloping many fitness centers and introducing fresh fitness concepts more specifically tailored to the hotel’s location and regular clientele.

The latest addition just occurred on May 25, when Hilton opened its first Tru by Hilton hotel at the Oklahoma City airport. Tru will be Hilton’s fastest growing brand ever, with about 425 properties currently in development. Designed from the ground up using consumer feedback, [Tru by Hilton](#) is described by the company as “vibrant, affordable and young-at-heart. It is energetic, but it is relaxing and comfortable.”

Each Tru hotel will feature a modern fitness center leveraging the latest workout trends including barre, TRX bands, and state of the art cardio machines, as well as free weights and flexibility gear. As part of the overall technology theme of the brand, guests will also be able to get workout ideas and advice from tablets in the fitness center, similar to the Five Feet to Fitness in-room virtual trainer concept. For guests needing a boost before or after a workout, all Tru locations will have complimentary LaVazza coffee, Stash tea and hot chocolate available in the lobby 24/7.