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**START THE NEW YEAR LIGHT WITH “JANUARY JUMPSTART,”  
A HEALTHFUL HOTEL PACKAGE FROM KIMPTON AND *COOKING LIGHT*  
*Cooking Light* Readers to Enjoy Kimpton Hotel Discount**

SAN FRANCISCO, Calif., October 21, 2008 – In January 2009, travelers will have an easier time sticking to their New Year’s resolutions for maintaining a healthy lifestyle on the road at Kimpton hotels in the U.S. and Canada, thanks to a partnership between Kimpton Hotels & Restaurants and *Cooking Light* magazine. Leisure and business road warriors alike can take advantage of partnership perks including a “January Jumpstart” package. Reservations for this healthy indulgence can be made starting Nov. 1 for a stay during the month of January.

The “January Jumpstart” package includes:

- Deluxe accommodations
- Complimentary healthy breakfast for two each morning in the hotel’s adjacent chef-driven restaurant
- Complimentary nutritious nibbles to help guests overcome the deadly 3pm snack attack
- A take-home jump rope and exercise DVD
- On-loan yoga mat and props for use with free, in-room On-Demand yoga and Pilates channels
- Special *Cooking Light* guide of recommended destinations around the city
- \$40 off any in-room spa treatment, where available

-more-

Reservations can be made at [KimptonHotels.com](http://KimptonHotels.com) by entering **PCKL** in the rate code box, or by calling 1-800-KIMPTON and requesting the “January Jumpstart” package. Room rates start at \$199 per night, vary by city and are based on availability. Complimentary package amenities total an estimated value of \$80.

The “January Jumpstart” package is the second of many benefits to come that Kimpton and *Cooking Light* will make available to the public. Beginning with the October 2008 issue, *Cooking Light* readers and subscribers can enjoy a discount-rate booking code that is valid at all Kimpton hotels throughout the year.

“Our guests appreciate that Kimpton makes wellness an easy part of everyday travel. However you like to power down, relaxing with a glass of wine, setting aside time to exercise at our fitness centers or in the privacy of your own room, or enjoying a wholesome meal at our restaurants, we aim to inspire a balanced life on the road,” said Niki Leondakis, chief operating officer at Kimpton. “*Cooking Light* shares our commitment to health and wellbeing wherever your travels take you, and we’re pleased to be able to bring added value to guests through our collaboration.”

“*Cooking Light* readers love to travel and took more than 20 million trips\* to destinations around the U.S. in the last year alone. We consider that a mandate to transport our readers around the globe through our pages with even more exciting travel features to come in 2009 thanks to exclusive programs and partnerships,” said Chris Allen, senior vice president and publisher at *Cooking Light*. “For that reason, and many others, we’re thrilled to partner with Kimpton on this new initiative and offer our readers more ways to travel healthfully and live well.”

A full roster of *Cooking Light* programs can be found at [www.cookinglight.com/perks](http://www.cookinglight.com/perks). For more information about Kimpton visit [www.kimptonhotels.com](http://www.kimptonhotels.com) or call 1(800)-KIMPTON.

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\* MRI Fall 2007

#### **ABOUT KIMPTON**

San Francisco-based Kimpton Hotels & Restaurants is the first and leading collection of boutique hotels, throughout the United States and Canada. Founded in 1981 by Bill Kimpton, every Kimpton hotel features personalized guest services, comforting in-room amenities, specialty rooms and suites, and provides a range of exciting culinary experiences through affiliated top-rated destination chef-driven

restaurants. Kimpton takes pride in its commitment to social responsibility and leads the hospitality industry in ecological practices through its innovative EarthCare programs. Privately held, Kimpton received the highest ranking in customer satisfaction scores by the Market Metrix Hospitality Index for the entire year of 2007, exceeding all other hotel companies, including those in both the luxury and upscale segment. Among the company's newest properties are the Hotel Monaco Alexandria and Jackson 20 restaurant in Virginia, which opened in January 2008, and the Hotel Palomar Los Angeles in Westwood and the adjacent BLVD 16 restaurant. Additional projects are underway in Florida, Philadelphia, Atlanta, Baltimore, Chicago and Virginia. For more information, please visit [www.KimptonHotels.com](http://www.KimptonHotels.com) or call 1-800-KIMPTON.

#### **ABOUT COOKING LIGHT**

Now in its 21st year, Cooking Light ([www.cookinglight.com](http://www.cookinglight.com)) is the nation's largest food and fitness magazine. Each month, more than 12 million readers turn to Cooking Light and [cookinglight.com](http://cookinglight.com) for innovative recipes, nutrition advice, and food and fitness tips that inspire them to live by the Cooking Light philosophy: eat smart, be fit and live well. Cooking Light is published by Southern Progress Corporation and is part of the MyRecipes.com network, home to more than 28,000 professionally tested recipes, along with how-to videos and entertaining advice.

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