

# ChampionREIT

## 冠君產業信託

### **Champion REIT Launches Series of “Champion Our Wellness” Activities Cultivates Refreshing and Healthy Life through Mindful Eating**

(23 May 2019, Hong Kong) — Following the “Champion Your Wellness – Office Chair Yoga” event held last year, **Champion Real Estate Investment Trust** (stock code: 2778), owner of Three Garden Road and Langham Place, organised the “Champion Our Wellness – Mindful Eating” lunch session at Three Garden Road today. The Trust also features a teatime session to be held at Langham Place Office Tower on 31 May with the aim to promote a healthy lifestyle through mindful eating.

In addition to introducing a healthy diet, as part of the “Champion Our Wellness” initiative, Champion REIT has invited an experienced mindfulness trainer to teach participants simple mindfulness techniques to relieve stress, such as breathing and personal awareness exercises to enhance both their physical and mental well-being. Through enjoying the healthy vegetarian food provided by Green Common, participants can also better understand how the food they eat affects their body and mind, hence inspiring them to develop their personalised healthy eating habits.

**Ms Ada Wong, Chief Executive Officer of Champion REIT**, said, “Many of our tenants are international financial institutions and lifestyle business operators whose employees often work long hours. In view of this, we have organised events that help cultivate a healthy lifestyle in our office properties, hoping to remind our tenants and enterprises not to neglect their own health in spite of their busy schedules. As an industry leader, Champion REIT has been striving to promote the importance of physical and mental health as well as a work-life balance.”

The newly-held “Cooking Team-building” event which encourages colleagues to harness their team spirit and creativity to prepare and enjoy healthy food is another highlight under the “Champion Our Wellness” series of events. Colleagues and participants have learnt simple methods to relax and attain wellness in both body and mind through massage as well as the “Office Chair Yoga” activities.



*Champion REIT organises “Champion Our Wellness – Mindful Eating” event for tenants.*



*Participants practise breathing and personal awareness exercises to enhance both their physical and mental well-being.*



*Champion REIT invites an experienced mindfulness trainer to teach participants simple mindfulness techniques to relieve stress*



*Ms Ada Wong (first from the right) joins colleagues to participate in the “Cooking Team-building” event.*

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**About Champion REIT (Stock Code: 2778)**

Champion Real Estate Investment Trust is a trust formed to own and invest in income producing office and retail properties. The Trust focuses on Grade-A commercial properties in prime locations. It currently offers investors direct exposure to 2.93 million sq. ft. of prime office and retail properties by way of two landmark properties, Three Garden Road and Langham Place, one on each side of the Victoria Harbour.

Website: [www.championreit.com](http://www.championreit.com)

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