



MGM Launches New Employee Wellness Festival “Get Moving! Power Up Your Wellness!”

As a responsible employer, MGM values both the physical and mental well-being of its team members and strives to create a healthy, work-life balanced workplace for team members to shine. Earlier, the Company launched the brand-new MGM Employee Wellness Festival – “Get Moving! Power Up Your Wellness”, a two-month campaign with an array of activities, including the “Exercise is Fun” Roadshow, Yoga Experience, Chinese Medical Consultation Day, “Golden Lion Exercise Anywhere” step-count challenge, MGM Self-Check Health Corner, “Family Herb Garden Visit and Fun Hiking” and more. Under the professional guidance of yoga instructor and doctors of both Chinese and Western medicines, MGM hopes to raise the awareness of healthy lifestyle among team members and encourage work-life balance through this new campaign.

Kenneth Feng, President and Executive Director of MGM China Holdings Limited, said, “MGM’s corporate culture centers on our team members, and their wellbeing is the foundation for a happy career and life. Every year, we organize diverse range of activities that promotes wellness, and this year we decided to step up with the scale of our annual wellness program by introducing innovative exercise and wellness experiences, making it more content and professional. We hope to encourage the habit of exercising and health-consciousness to our team, and together we can pursue a healthy lifestyle.”

To inaugurate MGM Employee Wellness Festival – “Get Moving! Power Up Your Wellness”, MGM hosted an opening ceremony for the campaign earlier this month at the Spectacle of MGM COTAI, which was attended by guests of honor including: **Wong Weng Man**, Head of Health Promotion Division of Health Bureau; **Fong Ka Fai**, Vice President of Macau Federation of Trade Unions (FOAM), **Ng Ka Teng**, Vice President of The Women’s General Association of Macau (Women’s Association); **Jiang Xuchun**, Vice President of General Union of Neighbourhood Associations of Macau (UGAMM); **Paulo Seac**, President of Macau Chinese Medicine Association; **Wendy Yu**, Executive Vice President of Human Resources of MGM; and **Michelle Chiu**, Vice President of Human Resources of MGM. After the ceremony, MGM’s professional fitness trainers led the guests and over a hundred of team members to do a set of stretching exercises to kick off the wellness campaign in style.

From October to November, the campaign provides a vivid array of activities that promote healthy lifestyle for over 10,000 Golden Lion Team members. Leading the lineup is the **Yoga Experience**, which revolutionarily transforms MGM Theater into the largest yoga studio in town. More than 200 yoga enthusiasts, aged from 6 to 87 from FOAM, UGAMM



and Women’s Association, as well as MGM’s team members, enjoyed an immersive yoga experience under the guidance of local yoga instructor. Ms. Wong from FOAM, who were the eldest participant onsite, expressed her joy, “I have been practicing yoga for a year now, and I find it beneficial to both my mental and physical wellbeing. I am thrilled to join a crowd of 200 yoga enthusiasts and immerse into the joy of this sport, which is truly a special and memorable experience that pushes me to continue pursuing a healthy lifestyle.”

At the same time, the Company rolled out the “**Exercise is Fun**” **Roadshow**, which set up exercise-themed game booths at the back-of-house area of both MGM properties. The “**Golden Lion Exercise Anywhere**” 10,000 step-count daily challenge, on the other hand, encourages team members to exercise regularly. **Chinese Medical Consultation Day** also took place where Chinese doctors from Chinese Medicine Association were invited to provide onsite health consultation and share wellness tips. On the same occasion, MGM also offered soothing fragrant bags, healthy tea packs and Chinese herbal tea, prepared by Chinese doctors, Fuhong Society of Macau and Tung Sin Tong, respectively.

In view of equipping team members with proper medical knowledge, MGM partners with Macau Physician Association of Public Hospital to produce a series of five **videos on medical and health information**, which addresses health issues mostly concerned by the general public. Besides, the Company also invited professional instructors from the Labor Affairs Bureau to share tips on stretching exercises at the “**Get Away from Fatigue**” **Stretching Workshop**.

MGM will continue to organize more diverse wellness-driven activities for its team members to instill healthy lifestyle to their everyday life and create a healthy workplace environment.

###

About MGM

MGM is an abbreviation for MGM China Holdings Limited (HKEx: 2282) and is a leading developer, owner and operator of gaming and lodging resorts in the Greater China region. We are the holding company of MGM Grand Paradise, SA which holds one of the six gaming concessions to run casino games in Macau. MGM Grand Paradise, SA owns and operates MGM MACAU, the award-winning premium integrated resort located on the Macau Peninsula and MGM COTAI, a contemporary luxury integrated resort in Cotai, which opened in early 2018 and more than doubles our presence in Macau.



MGM MACAU is a Forbes Five-Star luxury integrated resort inspired by the arts with every element of the resort infused with creativity and style. MGM MACAU has approximately 600 guest rooms and suites and boasts a number of distinguishing features, including the architecturally stunning European-inspired Grande Praça, housed under a soaring glass ceiling. MGM MACAU's world class facilities include the MGM Art Space, dedicating over 5,000 square feet to display authentic works of art, conference and event facilities, spa, and seven signature restaurants and bars to fulfill any gastronomic craving. Our property is conveniently located on the Macau Peninsula and is directly connected to the luxury retail shopping complex, One Central.

MGM COTAI is the latest integrated resort of MGM in China. Designed as the "jewelry box" of Cotai, it offers approximately 1,400 hotel rooms and suites, Asia's first dynamic theater, meeting space, high end spa, retail offerings and food and beverage outlets as well as the first international Mansion at MGM for the ultimate luxury experience. The Spectacle at MGM COTAI becomes the record holder of the largest free-span gridshell glazed roof (self-supporting) on January 19, 2019, making it the first architectural and structural GUINNESS WORLD RECORDS™ title for Macau, China. MGM COTAI is being developed to drive greater product diversification and bring more advanced and innovative forms of entertainment to Macau as it grows as a global tourist destination. MGM COTAI is the only mega complex and hotel in Macau to gain three-star certification in both Green Building Design and Operation Label, as well as the first hotel in the Greater Bay Area and second in Greater China to receive the certifications.

MGM China is majority owned by MGM Resorts International (NYSE: MGM) one of the world's leading global hospitality companies, operating a portfolio of destination resort brands including Bellagio, ARIA, MGM Grand, Mandalay Bay and Park MGM. For more information about MGM Resorts International, visit the Company's website at www.mgmresorts.com.

For media enquiries, please contact:

Jessie Kuan
Executive Director of Public Relations
MGM
Tel: (853) 8806 3412
Email: jessiekuan@mgm.mo

Karen Lam
Senior Corporate Relations Manager
MGM



Tel: (853) 8806 3421

Email: karenlam@mgm.mo