



## **WellFitXplore® 2023 Debuted at MGM to Promote Macao's Big Health Industry**

The professional educational event aimed at promoting the growth of big health industry in the Asia-Pacific region – the first WellFitXplore was launched at MGM COTAI from November 13 to November 15, 2023. More than 300 industry professionals and elites from around the world gathered to explore innovation and opportunities in the fields of health, wellness, nutrition, and fitness through a range of workshops and activities. Leveraging the debut of WellFitXplore, MGM strives to help enhance Macao's big health industry and lay a solid foundation for cooperation both locally and globally in the industry.

Dr. Iwan Dietschi, Senior Vice President of Hospitality of MGM, said, “The first WellFitXplore hand-picked Macao as its destination and MGM COTAI as hosting venue – this proves Macao's appeal to international big health professionals and further leverage the city's distinct advantage as an international hub. Drawing on the success of the event, MGM hopes to create an exchange and learning platform for industry experts as well as help cultivate more high potential talents and well-established businesses for the industry.”

### **The Debut of the First Professional Educational Event of Big Health Industry in Macao**

WellFitXplore is a professional educational event aimed at promoting learning, industry communication, and collective growth in the wellness and fitness industry in the Asia-Pacific region. During the three-day-event, WellFitXplore offered a series of themed conferences, educational seminars, selected certifications, training courses and activities on wellness and fitness to facilitate in-depth exchange amongst participants from different background and specialization.

The event was supported by a number of leading organizations in the big health industry from Asia and around the world, including CNC, TSSA, and CrossFit – all of which contributed in various aspects.

Kong Liang, Principal of WellFitXplore and Head of CrossFit China, said, “With the strong support of MGM, CrossFit APAC Affiliates Summit has been able to organize outside Mainland and in Macao for the first time, creating valuable networking opportunities for practitioners in the big health industry. As an architectural landmark integrating green, functionality and aesthetics, as well as the pampering wellness experiences, top-notch facilities and services offered by MGM COTAI, all these help CrossFit in extending WellFitXplore's presence beyond the Asia-Pacific region and underpinning its sustainable long-term development.”

Shelton Hauw, a participating local coach, said, “This is definitely the first time that Macao has hosted such large-scale international professional health event, providing a rare opportunity for leading figures in the big health industry to come together from different



countries and regions. At the workshops and activities, not only can we review our knowledge and keep abreast of the latest trends in the industry, but we can also make new friends and establish networks, broadening our horizons just at the doorstep and realizing Macao's potential in the development of big health industry.”

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## **About MGM**

MGM is an abbreviation for MGM China Holdings Limited (HKEx: 2282) and is a leading developer, owner and operator of lodging resorts in the Greater China region. We are the holding company of MGM Grand Paradise, SA. 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](http://www.mgmresorts.com).

### **About WellFitXplore®**

WellFitXplore® is a professional educational event in the field of fitness and health, aimed at promoting academic learning, industry communication, and collective growth in the fitness industry in the Asia-Pacific region. By organizing a series of themed conferences, educational seminars, selected certification, training courses and activities, the event strives to gather top educators and industry elites from the fitness education field in the Asia-Pacific region, promoting mutual communication, enhancing the skills of professionals, driving innovation and transformation, and sharing key elements for success in the fitness industry.

### **About CrossFit®**

CrossFit® is the world's leading platform for improving health, happiness, and athletic performance. Founded 20 years ago, CrossFit has grown from a garage gym in Santa Cruz, California, to the most recognized strength and conditioning brand in the world. CrossFit is committed to creating a passionate and inclusive environment for everyone. Millions have experienced the benefits of CrossFit through exercising at over 12,000 affiliates in 158 countries. CrossFit, LLC also curates the CrossFit Games season, starting with the annual CrossFit Open, where athletes from around the world compete and advance to the CrossFit Games, culminating in the Fittest on Earth® competition.