



**FOR IMMEDIATE RELEASE**

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**Keeping Your New Year's Resolution Just Got Easier:  
The Woodlands Resort Launches New Jogging Amenity**

THE WOODLANDS, TX (January 4, 2010) . . . Keeping your New Year's resolution for a healthier you is easy at The Woodlands Resort, located just 30 minutes north of Houston, with its new, complimentary jogging amenity which includes a map, granola bar and energy smoothie to recharge after your run.

With over 145 miles of hiking trails to follow, The Woodlands Resort has made it easy to find the perfect route and distance. If you prefer a run through the woods, follow the four-mile route to the George Mitchell Preserves trail head. Or, early morning joggers can take in a sunrise over Lake Woodlands, just a short mile-and-a-half from the resort. Detailed maps are available at the Concierge Desk.

Joggers can stop by The Woodlands Dining Room for a granola bar and a freshly made energy smoothie to recharge. Create your own smoothie flavor from a selection of fresh fruits.

Visit [www.woodlandsresort.com](http://www.woodlandsresort.com) or call 866-361-5674.

**About The Woodlands Resort**

*Nestled in 28,000 acres of forest preserves north of Houston, yet easily accessible from I-45, The Woodlands Resort is a destination of fun and relaxation. Just steps from 440 deluxe guest rooms are two championship golf courses and the property's signature Forest Oasis Waterscape™ with waterfalls, synchronized water spouts, waterslides, and a S'mores pit. Guests enjoy seasonal poolside dining, dive-in movies and scheduled family-friendly entertainment. Other resort amenities include a full-service spa and fitness facility, 145 miles of nature and bike trails, and indoor and outdoor tennis courts. Explore the property's four restaurants or lounge, plus nearby shopping and entertainment. Visit [www.woodlandsresort.com](http://www.woodlandsresort.com) or call 866-361-5674.*

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