

## PRESS RELEASE

### **Klüh Catering with nationwide health initiative – fitness with “Let’s Dance” star**

#### **“Energy sources” - full power for body, mind and soul**

Düsseldorf, 30 August 2018 - Regional food prepared according to international recipes, healthy, balanced and designed as an absolute turbo for body, mind and soul - these are the “energy sources” at Klüh Catering. In a promotion week from 17 to 21 September, the family-owned company from Düsseldorf will be launching this innovative product range nationwide - in all 120 company restaurants served by Klüh Catering.

“Energy sources”, the range from Klüh Catering, one of Germany’s leading caterers, is intended to contribute to a conscious diet and holistic lifestyle. The programme includes an accompanying fitness programme. This can be found online, and **Sarah Latton**, ambassador of the Klüh “energy sources”, “Let’s Dance” star and a successful professional dancer, demonstrates in various videos how to keep fit simply - at work and at home.

During the promotion week in September, Klüh is presenting a potpourri of five dishes: a vegan Mediterranean bowl (body), a vegetarian pasta “Capotanata Rucola” (soul), Creole chicken, a vegetable stir-fry with bananas and millet croquettes (body), the superfood bowl with smoked salmon (spirit) and the vegetarian vegetable biryani with mint-lime yoghurt (soul).

With enthusiasm for cooking and delicious nutrition, **André Jenczewski** is the specialist when it comes to implementing products at Klüh. He sees “energy sources” as “a further contribution to giving our guests a healthy boost, so that they can return to their workplaces feeling reinvigorated. All the recipes, explains Jenczewski, contain healthy fats, plenty of vegetables and fruit, low-fat dairy products and small amounts of fish or meat, “dried fruit and sprouts deliver an extra dose of minerals and vitamins.” Klüh has reduced the salt content of the dishes by using fresh herbs. High-quality, long-chain carbohydrates provide important nutrition for the muscles, cold-pressed oils provide valuable energy and the cleverly combined proteins ensure a long-lasting feeling of satiety.

**Sarah Latton**, who is accompanying this ambitious product line with a specially developed fitness programme, has been part of the successful “Let’s Dance” team for eight years as a professional dancer, coach and choreographer. As a three-time German champion as well as European and world championship finalist, she knows all about fitness. “It was important to me to develop a training programme that uses the whole body. We combined static and dynamic movement sequences to promote stamina and coordination. Dancing is, of course, an essential element here, because it also frees the spirit and is great fun”.

#### *About Klüh:*

*Klüh Service Management GmbH is a global multi-service provider. Founded in 1911, the company has decades of experience in the area of infrastructural services. The departments Cleaning, Catering, Clinic Service, Security, Personnel Service, Airport and Facility Service offer both individual services as well as integrated service concepts. With around 50,000 employees across eight nations, the company achieves sales of over 803 million Euros (2017).*

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