

**TOP**  
**Santé**  
LOVE YOUR HEALTHY LIFE

**FREE**  
**LA FITNESS**  
**DAY PASS**  
FOR EVERY  
READER

**REVAMP**  
**YOUR BEAUTY**  
**ROUTINE**  
*for glowing,  
wrinkle-free skin*

**THE EAT**  
**WELL DIET**

Simple steps to  
**NEVER HAVE**  
**A HEADACHE**  
**AGAIN**

**32** nutritious recipes to keep  
you fuller for longer

- ◆ Drop 7lbs in a month
- ◆ No cravings ◆ *Feel energised!*

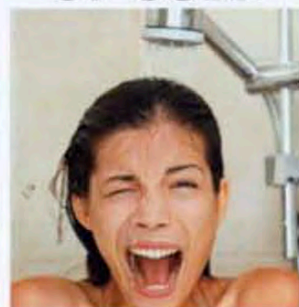
**UP THE POSITIVE**  
**HOW MANTRAS**  
**MAKE YOU HAPPIER**

5 EASY  
WAYS TO  
**WHITTLE**  
**YOUR WAIST**

**Happy**  
**where you!**

**LOVE YOUR HEALTHY**  
**BODY, SOUL, LIFE**

**THE POWER**  
**OF COLD**



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# CALIFORNIA, *here we come!*

Bring back a better you as your holiday souvenir this year with a body-boosting break in the sunshine state



**I**n the depths of winter we all fantasise about escaping the cold. But rather than just a holiday in the sun, there's a growing trend for getaways that leave you feeling fitter and healthier, and what better place to head than California?

I explored four health hotspots in the state on a three-week road trip to discover what each has to offer those in search of a tonic. Can't take that long off work? You can choose just one of the destinations or, if your budget is more Skegness than Santa Monica, see page 110 for how to get a taste of the Californian lifestyle in the UK.

WORDS: JESSICA POWELL

## First stop: Santa Monica

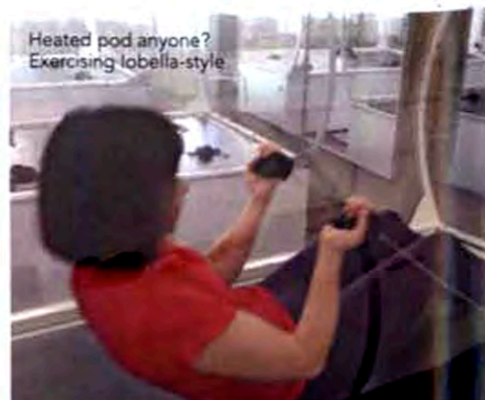
After touching down in LA – an 11-hour flight from London – the health conscious should head straight for Santa Monica. If LA central is a

health and fitness junkie's heaven, Santa Monica is its mature older sister ([santamonica.com](http://santamonica.com)). There are Pilates studios, yoga centres and juice bars. But while the 'health' industry in Hollywood is focused on the drive to get thin, in Santa Monica it's about a wholesome lifestyle.

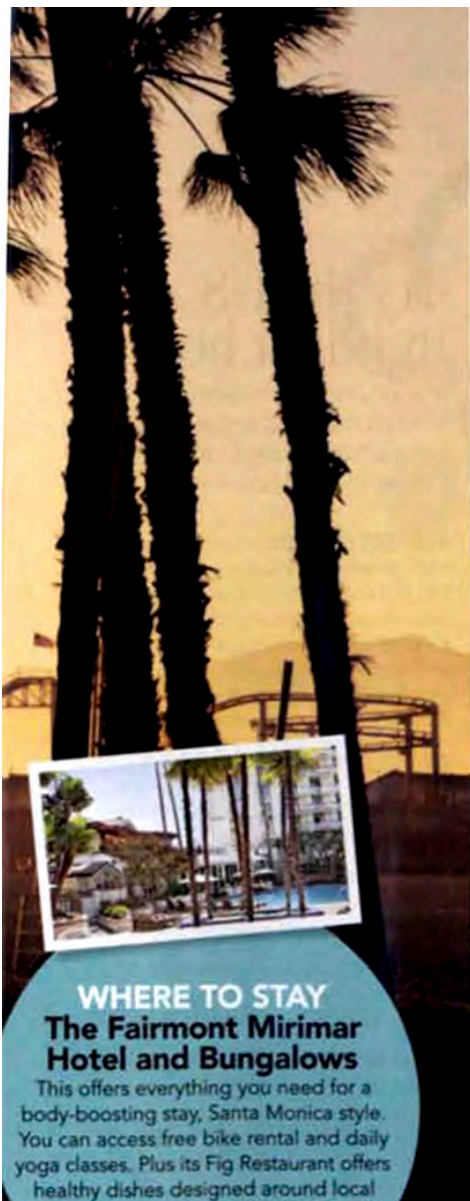
When it comes to the latest fitness trends, this city leads the way, and workouts don't come more cutting edge than at Iobella ([iobella.com](http://iobella.com)), a studio that sees you exercise in a space-age pod heated to 37°C.

The hiked temperature maximises fat and calorie burn, while you work with a trainer who tailors a routine to target your problem areas. The session is only 30 minutes long, so it's over before you know it, and after a shower you enter another pod that surrounds you with O<sub>3</sub> (or 'triple oxygen'), which is claimed to reduce cellulite.

Next up, I headed to 220 fitness ([220fitness.com](http://220fitness.com)) to try another new concept called Surfset Fitness ([surfsetfitness.com](http://surfsetfitness.com)). It promises to give you a surfer's body through working out on a mini board that's fixed onto a wobbly base. We did everything from planks to pop-ups, as though we were riding waves for real. The workout is HIIT based – that's high intensity interval training – where you do intense bursts of exercise



Heated pod anyone?  
Exercising Iobella-style



### WHERE TO STAY The Fairmont Mirimar Hotel and Bungalows

This offers everything you need for a body-boosting stay, Santa Monica style. You can access free bike rental and daily yoga classes. Plus its Fig Restaurant offers healthy dishes designed around local produce. Prices from £240 per night. Find out more at [fairmont.com/santamonica](http://fairmont.com/santamonica)

punctuated  
with brief rests.

It's proven to boost metabolism, plus it tests your balance. If you're inspired to give it a try, go with Aqua Surf School ([aquasurf.com](http://aquasurf.com)). Their lessons cater to beginners and focus more on the experience than whether you actually manage to catch a wave.

After all that hard work, I discovered the snack choice of the moment for Los Angelenos is an acai bowl. Acai berries – lauded for their high levels of antioxidants – are blended into a sorbet-like texture and spread inside a bowl, then finished off with fresh fruit, oats or peanut butter. I tried one at Nekter Juice Bar ([nekterjuicebar.com](http://nekterjuicebar.com)) and can vouch for the fact that tucking into one while still glowing from a workout is *the* way to live like a Los Angeles local.



### Up north to Lake Tahoe

After driving up the West coast, my next health stop was Lake Tahoe, 500 miles north of LA. As the largest alpine lake in North America, and the second deepest in the US, it's safe to say the lake's impressive. Base yourself in the north, where life is all about getting on to, or in, the lake, or head into the wilderness ([gotahoenorth.com](http://gotahoenorth.com)).

Activities include kayaking across the lake to work your arms and core

([tahoecitykayak.com](http://tahoecitykayak.com)) and pulling on your hiking boots to explore the thousands of miles of trails. If you're after new trends, though, look no further than ultra light hiking. Recent advances in kit mean that those willing to invest can pick up seriously light gear to help them travel faster. More and more people want to escape the stresses of modern life in this way, according to Jeff Baird, owner of Tahoe Trips and Trails ([tahoetrips.com](http://tahoetrips.com)).

Jeff took me on a 16-mile hike into the Tahoe wilderness, on which he taught me the tricks of the ultra-light trade. We donned backpacks that weighed a mere 8oz and used

feather-light walking poles. Having an experienced guide like Jeff is just about the only way you can safely get off the beaten track. Plus it means you get to use his supply of ultra light kit. For me, it meant coping with a pace much faster than I'd normally manage in a bid to disappear from civilisation. We only passed one other hiker all day! Surrounded by skyscraper trees and spectacular

vistas across lakes and forests, I could see why getting so far out is the perfect antidote to stress.

Our challenging route finished with a last push up Castle Peak to reach a height of 9,300ft, with epic views out across the valleys below. ■



### WHERE TO STAY Cedar House Sport Hotel

Located in Truckee, north of Lake Tahoe, this lovely wooden construction blends into the surroundings. Its award-winning restaurant, Stella, uses only ingredients grown on-site or from regional farms.

Prices from £110 per night. Find out more at [cedarhousesporthotel.com](http://cedarhousesporthotel.com)

