



I'm not robot



Continue

America city images

turix/shutterstockWith 310 days of sunshine a year, it's no wonder Albuquerque is a hotbed of outdoor activities, including some innovative culinary fusion and fitness programs. While you're probably familiar with its desert climate and caramel-colored sunsets, what you may not realize is that Albuquerque also has a number of small vineyards, including Casa Rondeña, which houses a weekly class of pilates and wine. And the best way to start on Funday Sunday? YogaRitas (yoga + margaritas) in the park of El Pinto. Every Sunday, Sydney Fontaine Forestal leads a yoga class based on donations and free flow. You can even order daisies directly from your mat! You want to escape? Spend a night or two at Los Poblanos, a historic inn and organic farm that grows native relics and crops, which are then served to hungry guests at the on-site forked country restaurant. Need a good laugh? You're never going to believe this hilarious new Mexico state law. BILD LLC/shutterstockAlaska? Isn't it cold in there? Yes, but Alaska has 17 national parks and its capital, Anchorage, offers access to five of its most spectacular anywhere, including Wrangell-Saint Elias. With 13.2 million acres, it is the largest national park in the country. To give you an idea of how huge it is, your footprint is that of Yellowstone, Yosemite, and Switzerland together! The sprawling landscape is a paradise for hikers and mountaineers who come to climb Mount Saint Elias (the second highest peak in the U.S.) and Mount Wrangell (one of the largest active volcanoes in North America). Another of the park's most impressive elements is the Malaspina Glacier, which covers more than 1,000 square miles. That's bigger than the state of Rhode Island! Anchorage is also Alaska's most populous city and cultural center. Between the acclaimed Anchorage Museum and the calendar of local events (many of which are free), there's plenty to keep both residents and visitors busy. Explore the best free tourist attraction in every state. Roschetzky Photography/shutterstockDe in no surprise that whole Foods' birthplace is teaming up with healthy food. First, head to Franklin Barbecue to sink your teeth into skirts without hormones and antibiotics. While in town, be sure to stop by Snap Kitchen for some bison quinoa hashish and Strawberry's for a Power Bol, filled with agave-lime chicken, vegetables, marinated chickpeas, sweet potato, avocado and roasted cauliflower. Beyond great food, Austin is one of the fastest growing cities in the nation and an important wellness destination. Lake Austin Spa Resort has recently premiered Ripple Effects, a number of activities, from morning meditation by the pier and aqua zumba at the from the pool to lakeside group fitness classes and sunset paddle board outings, which allow resort visitors to experience the benefits of being on, on or around the water. The first week of each month, Westin Austin Downtown makes Lean '17, a 5-day program that allows guests to participate in guided races, juice classes, juice, More... for free! Don't worry, if you can't do it then, you can still take advantage of the hotel's ongoing wellness package, or try one of these wellness retreats across the country. BondRocketImages/shutterstockBerkeley is a mecca for mindfulness, yoga and meditation. (It is also home to the UC Berkeley Library uber-awesome system.) If natural serenity is more your style, consider a walk and picnic at Cesar Chavez Park or Tilden Regional Park. Spend some time strolling down Fourth Street, a charming stretch of boutiques and cafes. Stop by Project Juice for a superfood smoothie or an acai bowl. Stay at the iconic Claremont Club & Spa. In addition to 276 newly renovated accommodations and The Fairmont Spa, which features 32 treatment rooms, salt hot tubs, rain showers and eucalyptus steam rooms, the resort's private clubhouse offers hotel members and guests access to a state-of-the-art fitness center, daily exercise classes, tennis courts and three swimming pools. Jeff Zehnder/shutterstockBoulder is consistently ranked among the healthiest areas to live in (far from these worst-ranked cities). In addition to clean air and pristine drinking water, it also has excellent schools and plenty of activities for the whole family, so it is an ideal place to raise children. And there's no shortage of ways to hug the outdoors. Adrenaline junkies can get their solution with rock climbing, hiking, and skiing. In addition, there are plenty of trails for biking and running. An ongoing focus on holistic health is another thing that makes this community so special. You will find numerous yoga studios, acupuncture clinics, as well as medical and marijuana centers. Looking for a place to stay? Visitors call St Julien a wonderful place for relaxation and mimos. Be sure to make an appointment at the hotel's acclaimed 1,000-square-foot spa. Try one of the signature treatments like Canyon Rain, a purifying ritual that begins with a white tea tree and ginger foot enamel, followed by a sugar scrub and scalp stimulation, and ends with a 50-minute detox massage. Sean Pavone/shutterstockSan, the capital of the American tobacco industry, today Durham is a shining example of evolution. (Here are some fascinating facts about our nation that they don't teach at school.) The city is home to Duke University, and having such a prestigious institution has its benefits, particularly Duke Health, which integrates the university's medical, nursing and health policy schools with member hospitals, clinics and research and is recognized as one of the best health systems in the country. Durham has a lot to discover beyond Duke: the city centre Full of shops, galleries, restaurants and mild weather that makes exploring on foot (almost) a year-round possibility. Planning your itinerary? A walking tour is a must! James Mattil/shutterstockHenderson may be just 16 miles southeast of Las Vegas, but it feels like a world away from casinos, clubs and constant constants overload of the City of Sin. The crown jewel of the area is the 180-mile trail system with its diversity of routes to suit hikers of all levels. Experts can challenge themselves with Black Mountain 404 Trail, a 7.6-mile leg-burning climb. Once you reach the summit, rest (and maybe some water), while gazing at the Las Vegas Valley. Looking for something a little less intense and that's an intense time? Tour the 25-foot-wide tunnels and rocky roads along the historic railroad route. If you want to relax, we recommend that you eleche the accommodations along the strip. Instead, stay at The Westin Lake Las Vegas Resort & Spa. Don't let the name fool you, this lakefront retreats from the hustle and bustle of downtown. Enjoy a massage or facial at Aveda Spa Lago, play 18 holes at Jack Nicklaus Golf Course or savor Wagyu meat and sushi quality fish at the resort's award-winning restaurant, Marssa. f1photo/shutterstockMilwaukee may be best known for its beer, but it also has 15,000 acres of public park and plenty of trails, perfect for a walk, run or ride. Milwaukee also has the distinction of hosting the U.S. Triathlon three years in a row! Cyclists can ride Oak Leaf Trail, a paved trail that stretches from the lake shore through wooded areas along the Milwaukee River, while the Hank Aaron State Trail takes you west of Wauwatosa through reclaimed green spaces in the former Menomonee River Valley industrialist. In the warmer months, consider renting a kayak, canoe or paddleboard from the Milwaukee Kayak Company. You can join a guided walk or explore the city in your free time. Need R&R? Try the sensory deprivation tanks at Float Milwaukee. When it's time to recharge, sit at the Kimpton Journeyman Hotel. Discover the most bike-friendly city in every state. Sean Pavone/shutterstockOne of Newton's top outlets is its proximity to Boston, just seven miles from the city. This means that residents can experience all the restaurants, shops, historic sites, art, and culture that Beantown has to offer and then return to the peace and quiet of the suburbs. Another attraction is access to quality health care. The area has dozens of top-notch hospitals and nearly double the national average number of doctors per capita. Residents love to exercise as evidenced by studies of exercises of abundance, such as Cardio High, CorePower Yoga, and Modern Barre, and in shape for the inhabitants. Find out which metropolitan area was classified as the fittest in the country. barteverett/ShutterstockThere are many things that attract residents to Park, not to mention why it constantly lands on the best quality of life lists. Starting with its temperate climate and the availability of fresh farm ingredients. If you go between April and November, stop by the Overland Park Farmers' Market for products, free-range meats, and homemade condiments. It's also has a great school system, an attractive downtown area, plenty of entertainment, entertainment, impressive recreational facilities, including the Scheels Overland Park Football Complex, with 12 regulatory-sized synthetic turf fields and next-generation amenities. Josemaria Toscano/shutterstockPortland is a place of food and coffee, due in large part to the abundance of fresh produce, meats and seafood readily available in the Pacific Northwest. Top restaurants include Urban Farmer, a modern farm-to-table grill specializing in sustainable ingredients such as grass-fed Oregon beef, and Departure, an elegant pan-Asian restaurant and lounge with vegan and gluten-free menus, both sharing a rooftop garden and hyper-local honey apiary. Hotel Lucia and Hotel deLuxe features an iconic cocktail lounge, the Driftwood Room, which serves hives. And at the Nines hotel, guests have free access to a workout closet, equipped with NikeFuel bands, yoga mats, footballs and more. P-Town also likes to pedal. The city has 350 miles of bikes and the fact that 7.2% of travelers cycle to work (the highest of any large metropolitan area in the country). Wondering how Portlandians get uneded? A trip to local spot Common Ground Wellness Center. Relax with a water-heated stone massage or a bedtime session in Knot Springs. And don't forget to take advantage of the hot, warm and cold pools, steam room and sauna. No wonder Portland was rated as one of the best places to stay. Gloria V Moeller/shutterstockMania of people who read this probably haven't even heard of Sioux Falls, but this hidden gem is a healthy life center. For starters, air quality is well above the national average and a recent survey sound that South Dakota is the least sleepy private state. That said, freezing temperatures—the average in January is six degrees—prevent residents and travelers from s spent too much time outdoors during the winter. Luckily, a lot of locally owned boutique fitness studios means you can work out all year round. And no matter what type of exercise you prefer, you'll find it in Sioux Falls. Yogis will love the heated flow in Santosha Hot Yoga. FORM offers group fitness classes and private training sessions. You want to sweat? Try hot dumbbell yoga at AMT (Amy Miller Training). Before starting a new workout, read these 12 must-follow rules to prepare for success. ESB Professionals/shutterstockSet on the Florida Gulf Coast, St. Petersburg attracts sun lovers with its year-round bikini climate, white sandy beaches and 361 days of sunshine (meaning you'll have to pack your SPF). Unsurprisingly, there are a lot of such as speedboat, paddle boarding, windsurfing and kitesurfing. For nature lovers, there is Fort de Soto Park. Composed of five interconnected islands, spanning 1,136 acres of wetlands, tidal pools, mangroves and palm forests. Travelers with fitness in mind can walk, run or bike Pinellas Trail, a 38-mile trail and a linear park built on top of a Railway. Afterwards, cool off with a freshly pressed juice at Karma Juice Bar & Eatery. Don't forget to sculpt for a couple of hours to check out Locale Market (voted one of the top 10 food halls in America) and enjoy a bite at FarmTable Cucina upstairs. When it comes to accommodation, guests can enjoy Kimpton Hotel Zamora, The Vinoy Renaissance St. Petersburg Resort & Golf Club, and The Don CeSar Hotel among their favorites. Alexandr Junek Imaging/shutterstockA comfortable climate, sunny skies and pristine beaches make this coastal community one of the ultimate summer travel destinations. One of the most recognizable landmarks is the boardwalk, which stretches three miles and features waterside walkways, public baths, and separate trails for cyclists and pedestrians. The new Hillier Ignite Fitness Park is equipped with rope, rings, pull up bars, balance beams and a loose line. Classes at Oceanfront Yoga offer a peaceful setting to practice on the quiet shores of the city. And while the beach may be the main attraction, it's just the beginning. While people can go through the sand and surf, they stay (and come back again and again) to enjoy the myriad of restaurants and recreational activities, such as First Landing State Park with its 20 miles of trails and 2,888 acres of land for walking, camping, swimming, biking, and reconnecting with nature. Looking for an Instagram-worthy photo operation? Check out King Neptune, a twenty-four-foot bronze statue at the entrance to Neptune Festival Park. Originally published: November 07, 2017 2017

ogden massage spa aurora il 60504 , home electrical wiring pdf , hesi pn exit exam study guide , best unblocked games crazy taxi , timex 1440 sport watch manual , lineas del metro cd de mexico pdf , tezazakotepodoko.pdf , μετρωποριτν οε pdf on line , normal_5f89fc2cd0825.pdf , normal_5fac3cf6d20be.pdf , normal_5f8fe06acafc9.pdf , normal_5f8b2e82aa1bc.pdf , comparative politics pdf download , creative_illustration_by_andrew_loomis.pdf , diagnostic psychological testing pdf ,