

SHAPE

SHAPE
YOUR
LIFE

SEXY
AT 43!

FLAT Belly
TIGHT Tush
LEAN Legs

One Do-It-All
Move, p94

**Naomi
Campbell**

**The Workout
Behind
THIS Body!**

**MIND-
BLOWING
SEX**

This Workout
Gets You There

**ACHIEVE
YOUR
DREAMS**
7 Secrets of Amazing
Go-Getters

**24 Minutes
To Slim**

Shred Fat—Fast

**Sleep More
Tonight!**
This Miracle
Mineral Works!

**BEST
ABS
EVER!**

Easy Cardio,
Hard Core

**THE EASY
WAY TO
EAT LESS**
(No Hunger Required)

APRIL 2014 SHAPE.COM

\$4.99US \$5.99CAN



DISPLAY UNTIL APRIL 21, 2014

Shape Your Life

7 get-fit getaways

From acupuncture to Zumba, resorts now have health-focused offerings for everyone, making it easier than ever to find your perfect escape. >>>

By Jeanine Detz



Shape Your Life {Travel}



ROOM WITH A VIEW
Take a break from the action in the spa's ocean-view chaises.



SAY SPAHH ON...

CELEBRITY CRUISES / worldwide

Get the blissed-out experience of a destination retreat—on a family-friendly vacation—onboard a Celebrity Cruise. This month the line is introducing Canyon Ranch SpaClub on all 10 of its ships. The club's menu will feature facials and massages, as well as alternative treatments like Reiki therapy; in the fitness center, guests can work up a sweat solo or with a trainer, and choose from daily classes



(including yoga, Pilates, relaxation, and group cycling). What's more, Canyon Ranch health experts will provide lectures, workshops, private nutritional consultations, and cooking demonstrations. (Seven-day cruises from \$599 per person; celebritycruises.com)



Change your running mindset by trading in the treadmill for a trail.

REVAMP YOUR RECIPES AT...

LAKE AUSTIN SPA RESORT / Austin, TX

Want to eat better without giving up your favorite dishes? Book a private or group lesson with one of this resort's chefs. You'll learn tricks to transform ingredients into a healthy meal, improve your kitchen skills, and take home delicious recipes. But don't worry, there are plenty of activities outside the kitchen too: Choose from more than 100 different services at the LakeHouse spa; hit the fitness center for a class or cardio session; hydrobike, kayak, or stand-up paddleboard on the lake; run or walk on the waterside path; or just lounge by one of the three pools. (Rooms from \$1,720, including meals; lakeaustin.com)