

GOOD SPORTS

From your own private beach to mountaintop retreats, the best get-fit destinations on the globe. By Kathy Magilton

Happy if a resort has a treadmill and some rusty hand weights? Now that "fitness" has morphed into "wellness," even the most humble hovels have expanded their offerings. And the not-so-humble? They've set a new bar for lavish mind-body retreats, blending punishing workouts and pampering spa services to create the ultimate holiday.

GOLD STANDARD

Possibly the first to mix workout and chill-out on a luxury scale, **Canyon Ranch** opened in 1979. Consistently voted best in show, the 150-acre Tucson, Arizona, resort boasts an 80,000-square-foot spa complex (with eight gyms and a yoga dome), an aquatic centre, over 50 fitness classes and a 3:1 staff-to-client ratio. And it's famous for putting it all together in a full-service program. Medical and nutritional experts guide the design of custom regimens, and add-ons are impressive. Choose from the clinical (bone density assessments) to the sublime (hydromassage) to the cutting-edge (underwater treadmill running). Other locations include spa clubs in Las Vegas and aboard the Queen Mary 2. From \$5,000 for seven nights all-inclusive (includes \$1,300 spa and sports service allowance), canyonranch.com.



Canyon Ranch

PURE PARADISE

Hawaii may conjure images of tiki torches and thatched roofs, but you can banish those modest thoughts at **Pure Kauai**. Greeted at the airport by your trip host (read: butler/driver), you're whisked to your private luxury home. While chilling on your own beach may sound like paradise enough, CEO Phil Jones says it's the personal attention and custom programs that make his resort unique. Hours are spent e-mailing and talking to clients pre-arrival to assess workout goals and relaxation "needs." Itineraries usually include a little adventure (surfing, heli-tours), fitness (private Pilates) and spa services. Since all that work and play builds up an appetite, a private chef prepares every meal to your specifications. From \$3,500 for seven days (includes meals and an array of activities and services), purekauai.com.



Scuba diving at Pure Kauai

LIONS, TIGERS AND MEDITATION, OH MY

Why run on a treadmill when you can run on a beach—in Africa. Designed to jump-start a healthy lifestyle, **Wildfitness's** nine-day (or longer) adventures promise to deliver "animal-like fitness." Spa services are scarce, but with jungle runs, meditation classes under a Kenyan sunset, and your room's view of the Indian Ocean, it's got a lock on

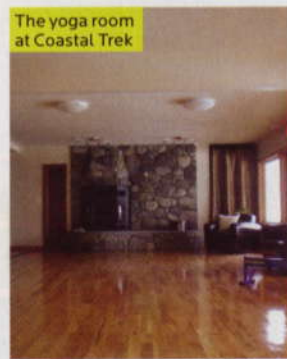
location. Skilled personal trainers address every aspect of fitness, from posture assessments and agility lessons to exercise "adhesion" once you're back to reality. Spiritual and nutritional workshops are included. From \$5,300 for nine days (includes meals, assessments, two to three training sessions daily, two massages, and more), wildfitness.com.



Rock climbing at Wildfitness

HOME ADVANTAGE

Located atop Vancouver Island's Forbidden Plateau, **Coastal Trek Health & Fitness Resort's** 12-room boutique haven includes a yoga sanctuary, spa and fitness centre overlooking B.C.'s Coast mountain range. Owner Jim McLeod walks the talk, too. Confronted with mounting health concerns, he transformed his own lifestyle (and waistline) before opening Coastal Trek last year to share his vision for well-being. From \$3,195 for seven days (includes meals and classes, personal training, nutritional consultation and two spa treatments), coastaltrekresort.com.



The yoga room at Coastal Trek