

THE HealthGUIDE



Get your healthy summer fun here!

This summer it's all about a return to the simple (and \$\$\$-saving) pleasures: an old-fashioned trip to the beach or lake, a (healthy) day in the sun, and a guilt-free frozen treat that won't have you gaining a pound. It's summer fun, *Health style*.

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Check out these 10 towns with the best sand, water, and summer fun—from good eats to great biking.

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Here's what's tastiest (and good for you) at your local ice cream shop.

Health.com FIND EVEN MORE HEALTHY WINNERS. Restaurants, hotels—even ballpark eats that won't break your diet. They're all at Health.com/AH.



America's Healthiest beach and lake getaways

These budget-friendly destinations have it all: clean sand and water, activities galore, and healthy food. *by* KAREN CICERO

Whether you have a week or a weekend to get away this summer, we know your vacation time is precious. You want to land where you can truly relax, breathe fresh air, get in some exercise, and eat well. And you want to do it all without breaking the bank. That's why we teamed up with a panel of travel and health experts (see "Our Beach-and-Lake-Getaway Judges," below) to help us find the healthiest of the nation's most popular beach and lake towns. They evaluated air and water quality, the abundance of parks, the cost of a hotel room, and more (see "How We Picked Our Winners," page 166) to zero in on the top-10-healthiest getaways, where rejuvenation and fun are practically guaranteed. When you're ready for that much-deserved vacay, you won't go wrong with one of these 10 shore bets.



Island time! The idyllic Tybee Island Lighthouse on Tybee Island, Georgia (above), signals the classic summer pleasures at our top vacation spot, which offers a breathtaking beach with gorgeous water, biking around the island, and simple, fresh food. At left: A room with a view of Tybee's pristine North Beach.

1 Tybee Island Georgia

TybeeVisit.com

A barrier island about 18 miles east of Savannah, low-key Tybee boasts a 3-mile stretch of beach that our

judges labeled "magnificent," complete with gorgeous water. "The beaches here rarely have water-quality problems," says panelist and water-quality expert Nancy Stoner, who is very picky about where she dips a toe in.

Exercise is a way of life on Tybee. There are sunrise yoga classes on North Beach, and biking is the pre-

ferred mode of transportation. "You can leave your car parked and bike just about anywhere on the tiny island," says judge Elizabeth Joy, MD, a family-and-sports-medicine physician. And if you forget your gear, just rent a ride from one of the bike shops—trailer bikes for the kiddies and roller skates are available, too.

The island also has the

least expensive lodgings, on average, of all the towns on our list. And its eateries serve up an abundance of good-for-you fare like fish tacos, salads, and veggie-filled sandwiches. "The restaurants serve simple, heart-healthy dishes," says judge Ruth Frechman, RD, a spokeswoman for the American Dietetic Association.

Tybee offers something for

Our beach-and-lake-getaway judges

> **Nancy Stoner** is the project manager of the Natural Resources Defense Council's annual report *Testing the Waters: A Guide to Water Quality at Vacation Beaches*.

> **Janice Nolen** is the assistant vice president of national policy and advocacy at the American Lung Association; she directs the organization's annual *State of the Air* report.

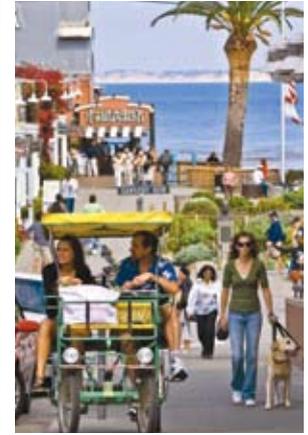
> **Ruth Frechman, RD**, a spokeswoman for the American Dietetic Association, owns On The Weigh, a nutrition-counseling service in Burbank, California.

> **Elizabeth Joy, MD, MPH**, is a family-and-sports-medicine physician at the University of Utah and spokeswoman for the American College of Sports Medicine's "Exercise Is Medicine" Task Force.

> **Lois Howes**, president of the Long Island, New York Chapter of the American Society of Travel Agents, has been a vacation planner for more than 20 years; she currently works at Sterling Travel in Freeport.

> **Lynn Abrahamson, MPH, RN**, is chairwoman of the Committee on Affiliates of the American Public Health Association and director of health for the Bristol-Burlington Health District in Connecticut.

Left photo: Chris Hornaday; Right photo: Jung-Pang Wu/Getty Images



Water world: Relax watching the boats coming in and out of tranquil Glorietta Bay in Coronado, California (left). Easygoing Monterey, California (right), is smog-free and has an abundance of marine life.

everyone—and that's why it tops our list of healthy summer escapes.

STAY HERE: Rooms at the 17th Street Inn (starting at \$125 per night) have full kitchens, so you can make your own healthy meals. Want to be near the beach? You can't get closer than the Desoto Beach Hotel (starting at \$179.95 per night).

2

Coronado California

CoronadoVisitorCenter.com

The West Coast has no lack of beach towns. But this one, about 2 miles from San Diego, is “a little slice of heaven,” says judge and travel agent Lois Howes. The beach is wide, clean, and uncrowded—and you can leave your umbrella at home: Rain is rare in the summer, and the average midsummer temperature is a perfect 78 degrees.

There are plenty of ways to get in exercise, too. “You can try surfing lessons or stick with favorites like tennis or biking,” Dr. Joy says. And even the fast food here has a nutritious twist—at Burger Lounge, for instance, the patties are made with grilled turkey or organic quinoa and served on whole-grain buns. Another

thing we love: Trans fats are banned in all the restaurants. (Only third-place Monterey shares this distinction.)

STAY HERE: With childproof rooms, jogging strollers to borrow, and a separate concierge desk for kids, the Loews Coronado Bay Resort (starting at \$249 per night) is about as family-friendly as it gets. Not bringing kids? The historic Glorietta Bay Inn (starting at \$185 per night) is just a block from the beach, and each room has a small fridge where you can stash healthy snacks.

3

Monterey California

SeeMonterey.com

Talk about a breath of fresh air. “There's very little particle pollution or smog here,” panelist Janice Nolen of the American Lung Association says. Plus, smoking is banned on the beach. (Smoking is also banned in Coronado, California, and Zephyr Cove, Nevada.)

Our judges also gave Monterey a thumbs-up for being a national marine sanctuary, where you can scuba dive, kayak, or sail alongside humpback and blue whales. “Seeing the animals brings

How we picked our winners

> We started with a list of the 50 most popular beach and lake towns in the country (as defined by the total number of vacation days tourists spend there) from the American Automobile Association. To arrive at our top-10 list, our judges rated places in five categories: quality and cleanliness of air, water, and sand; range of fitness opportunities; healthfulness of local restaurants; safety measures, including the presence of lifeguards, how close the town is to a major trauma center should an emergency come up, and the crime rate; and affordability of accommodations (based on the average rates in July, provided by Smith Travel Research).

a new joy to water sports,” judge Howes says. A waterfront recreation trail, restaurants that serve sustainable seafood, and golf for just \$25 per round at the Peter Hay course are icing on the cake. **STAY HERE:** The fitness concierge—yes, you read that right—at the Hyatt Regency Monterey Resort and Spa (starting at \$209 per night) will give you running maps of the area and arrange active trips. A cheaper option is Casa Munas (starting at \$160 per night), where there’s always free fresh fruit and water in the lobby.

4

Osage Beach
Missouri

FunLake.com

Osage Beach is on the Lake of the Ozarks, the most popular summer-vacay spot in the Midwest. But you won’t feel crowded: The lake has 1,150 miles of shoreline. The free public beach at Lake of the Ozarks State Park in Osage Beach stood out not only because it’s water-sports central—fishing, kayaking, sailing, and more—but because it’s absolutely beautiful, with rolling hills and limestone bluffs as a backdrop. “The view is so spectacular, you won’t want to leave,” judge Howes says.

If you do manage to pry yourself from the park, you can play a round of golf, pick up fresh fruit at one of the many roadside stands, or check out nearby Spa Shikia at the Lodge of Four Seasons, which is nationally renowned for its Japanese garden and treatments.



Ready, set, action: The Robert Cupp Course at Palmetto Hall in Hilton Head Island, South Carolina (left), is a golfer’s paradise. At Osage Beach on the Lake of the Ozarks in Missouri (below), kayaking, sailing, fishing, and other activities keep water-sports fans happy.



STAY HERE: Bringing the kids? Tan-Tar-A Resort (starting at \$100 per night) has two golf courses, an indoor water park, Jet Ski and paddleboat rentals, plus horseback riding. A great B&B alternative is The Inn at Harbour Ridge (starting at \$109 per night), where you can swim or fish right off their dock.

5

Hilton Head Island
South Carolina

HiltonHeadIsland.org

If you’re a golf nut, Hilton Head is for you. There are 20 public golf courses to choose from. But there’s plenty to do for non-golfers,

too. Besides 12 miles of beaches, there are 200 tennis courts and 75 miles of bike paths. You can even paddle your kayak through breathtaking salt marshes and lagoons. “It’s a fitness enthusiast’s dream come true,” Dr. Joy says.

And don’t worry: There’s more than heavy Southern

Your healthy-stay checklist

Don’t let a mishap at your hotel or vacation rental ruin the fun. Before you book, make sure these safety measures are in place, says Meri-K Appy, president of the Home Safety Council, a national nonprofit in Washington, D.C.

Hotels

- ✔ **Sprinklers on every floor.** Beware: Some older hotels may only have them in the restaurants, but they’re crucial for protecting you in case of fire. If sprinklers are not on every floor, find another place to stay.
- ✔ **Childproofing.** Some chains like Loews will childproof a room for you prior to arrival if you give them a heads-up. If your hotel doesn’t offer this service, bring your own supplies (plug covers, cabinet latches, etc.) and do a childproofing run-through before you let your kids in the room.
- ✔ **Windows guards.** If a hotel doesn’t have them installed, they should at least have windows that lock.

Vacation homes

- ✔ **A carbon monoxide detector.** Although this colorless, odorless gas is more of a problem in the winter, it can be an issue if there’s a fuel-burning appliance (like a gas stove) around. If a cottage or house you’re renting doesn’t have a detector, bring along a plug-in unit.
- ✔ **Water heater.** It’s often set at 140 to 150 degrees, a temperature that can give a child third-degree burns in two seconds. Play it safe and request that the heater be set at 120 degrees.
- ✔ **A fence around the pool.** You want one that’s at least 4 feet high with a gate that locks to prevent kids from accessing the pool when there’s no adult supervision.

Left photo courtesy of the Hilton Head Island Visitor and Convention Bureau; Right photo courtesy of the Greater Lake of the Ozarks Convention and Visitor Bureau

fare available. “Local fish is very popular here,” panelist Ruth Frechman, RD, says. “Some chefs go out of their way to buy produce from farmers in the area.” Great spots to try: Signe’s Heaven Bound Bakery and Café, which serves veggie sandwiches on its homemade eight-grain bread, and River House at the Inn at Palmetto Bluff, where much of the produce comes from organic or small family farms. **STAY HERE:** A gorgeous white-sand beach faces the Westin Hilton Head Island Resort and Spa (starting at \$229 per night). Not in your budget this year? The Holiday Inn Oceanfront is about \$50 less per night and has a 24-hour fitness center on-site and bike paths nearby.

6

Zephyr Cove

Nevada

TahoelInfo.com

This town on the southeastern shore of Lake Tahoe got oohs and ahhs from the judges because of its beaches. The widest, Nevada Beach, spans more than three football fields and is dotted with picnic tables. And the water is so clear at all of Zephyr’s beaches that you can see 78 feet beneath the surface.

The view above water is spectacular, too. “You’re not looking at beach condos—the Sierra Nevada mountains are right there,” judge Howes says. And don’t worry about bringing a bunch of gear. You can rent kayaks, parasails, paddleboats, Jet Skis, and other water equipment from many of the marinas in the area.

Craving some really healthy fast food? Visit nearby South Lake, California, where Sprouts Natural Foods Café serves up fresh-squeezed juices, hummus melts, and brown rice bowls.

STAY HERE: Zephyr Cove Resort (starting at \$219 per night) sets up volleyball courts on its strip of beach. If you don’t mind staying about a mile away from the water, try the bungalow-style lodging at picturesque Pine Cone Resort (starting at \$110 per night).

7

Bonita Springs

Florida

BonitaSprings.com

Calling all beachcombers! Our judges rated this town, which is midway between Naples and Fort Myers, as having the best sand anywhere. “It’s like talcum powder,” Howes says. “Your feet feel like they’re getting a spa treatment when you walk on it. I could go for miles and miles.” If you have kids with you, stick around for high tide in the afternoon, when seashells—a foot thick in some places—wash ashore. Our judges also loved that families could take a guided canoe excursion, swim in the calm, warm Gulf waters, or explore the area’s parks (1,500 acres of them). You have to look a little harder for healthy-food options here, though, because fast and fried are readily available. One spot our judges liked: Crispers, which offers healthy salads, even for kids.

A bonus: Because the most popular

Five fun-in-the-sun essentials

Be sure to throw these in your bag before heading out for a day on the surf and sand.

1. Water shoes. Flip-flops are cute, but it’s way too easy to trip and twist your ankle in them. Water shoes give you more support on the sand and in the waves, plus they protect the tops of your feet from getting sunburned and cut by rocks or seashells.

2. Wraparound shades. The sun’s rays glaring off the water and beach and blowing sand and debris can damage your eyes. “Wraparound sunglasses that block UVA and UVB

rays are the way to go,” says Price M. Kloess, MD, a spokesman for the American Optometric Association. “A couple of years ago, I had to remove a tiny piece of glass from my daughter’s cornea after a trip to the beach.”

3. SPF 30 sunscreen. Be sure it protects against UVA and UVB rays. And when you think you have enough on, squirt out some more because “almost everyone underapplies sunscreen,” says Richard Zane, MD, vice chair of

emergency medicine at Brigham and Women’s Hospital in Boston.

4. A giant bottle of water. Go ahead—guzzle it. You need twice as much fluid when you’re active as you do sitting at your desk. Don’t wait until you’re thirsty, either: That’s a sign that you’re already dehydrated.

5. Antibacterial gel. If the restroom is out of soap, an antibacterial gel kills germs and bacteria just as well.



Beach heaven: The powder-soft white sand at the beach in Bonita Springs, Florida, also boasts some of the best seashell hunting around. Perfect for keeping the kids busy while you chill. At right: Stroll along Commercial Street in Provincetown, Massachusetts, and stop in the eclectic shops or catch a play at the local theater. Then hit the beach, which has the cleanest water of any town on our list of top summer-vacation spots.



time to visit Bonita is January through April, you can get good summer rates. In July, lodging averages just \$75 a night.

STAY HERE: Hyatt Regency Coconut Point Resort and Spa (starting at \$149 per night) has its own climbing wall, around-the-clock fitness center, and volleyball games. If you don't need all that, opt for Bonita Beach Resort Motel (starting at \$62 per night), where you get a kitchen, too.

8
Wailea
Hawaii

WaileaResortAssociation.com
Named after the goddess of Hawaiian canoe makers, the clarity of the ocean in Wailea, on Maui's southern coast, makes for incredible snorkeling. There are places to rent gear all along the beach; just go early for the best chance to catch

a glimpse of sea turtles and butterfly fish. Or you can set up a trip with Hawaii Sailing Canoe Adventure to go snorkeling in deeper waters.

There's plenty of action on land, too. The Wailea Golf Club has three award-winning courses—and the town's tennis club has 11 courts and offers lessons. But, by far, the most unique activity is biking 38 miles down Haleakala, a nearby dormant volcano. "Because there are paved trails, anyone in reasonable shape can do it," Dr. Joy says. Plus, there are lots of seafood options, and breakfasts come with tropical fruit.

What's not to love about Wailea? The room rates, which are the highest of all the towns on our list. **STAY HERE:** For a total splurge try Grand Wailea Hotel and Spa (starting at \$480 per night). It has an outdoor water park with rope swings, tons of slides, and a

sandy-bottom pool. And at the Wailea Grand Champion Condos (starting at \$210 per night), you can see the golf course from your balcony.

9
Kelleys Island
Ohio
KelleysIsland.com

If you're looking for seclusion, this is it. This 4-mile island in Lake Erie has just 367 year-round residents and is only reachable via a 20-minute ferry ride from Marblehead and Sandusky, Ohio (unless you hire a private boat or small plane). You can bike everywhere, or bring your own scuba gear to explore the offshore shipwrecks. The beach at the state park is cleaned daily and has a play area for pets. "You spend a lot more time doing things than waiting in line," judge Howes says.

There are also plenty of good-for-you food choices for such a quiet spot. Kelleys Island Wine Company has al fresco dining with salads and healthy pizzas. "I love the fact that the owners grow their own herbs on site," Frechman says. Right on the water, Captain's Corner serves its club sandwich on whole-grain bread and has local fish dishes like Lake Erie Perch. **STAY HERE:** With just 31 rooms, the new Kelleys Island Venture Resort (starting at \$195 per night) is the biggest place to stay here. B&B options like Eagle's Nest cost around \$100 per night.

10
Provincetown
Massachusetts
Provincetown.com

This outermost tip of Cape Cod had the highest score in water quality of all our towns. "Both beaches, Herring Cove and Race Point, passed every water-quality test with flying colors," judge Stoner says. Both offer kayaking, sailing, and even sand-dune hiking. But the strong currents and big waves at Race Point are best reserved for advanced enthusiasts. The town is bike-friendly, too. So why did it come in at number 10? The hotels are on the expensive side, and there weren't as many healthy-food options. **STAY HERE:** At the Land's End Inn (starting at \$305 per night), you can have breakfast overlooking the water. The Anchor Inn Beach House (starting at \$195 per night) will set up gear rentals and water excursions. ●

Left photo: Lee County Visitor and Convention Bureau/FortMyersSambel.com; Right photo: Charles Anzalone



America's Healthiest frozen scoops

We're all screaming for ice cream this summer—especially when it's cool and low-cal. *by* SUSAN HALL

We've scoured America's scoop shops (tough job, but somebody had to do it) for the tastiest ice creams, yogurts, and sorbets that will satisfy your sweet tooth without hurting

your waistline. Our criteria: superior taste, stellar nutrition, and countrywide availability. Here, the five winners. (A standard scoop, by the way, is about ½ cup, or 3 to 3.5 ounces.)

Häagen-Dazs Mango Fat Free Sorbet

A blend of juicy, tropical mangoes
120 calories, 0 grams fat, 20% RDA vitamin A, 10% RDA vitamin C
\$3

"If you love mangoes, you'll enjoy this sorbet. It's very satisfying—you only need a little to feel content, and it's very refreshing on a hot summer day," judge Christine Palumbo, RD, says. And judge Kara Nielsen, a former pastry chef who now follows food trends, says, "It's shocking that there is no fat. This sorbet is so creamy and totally indulgent."

Ben & Jerry's Black Raspberry Swirl Low Fat Frozen Yogurt

Black raspberry yogurt with thick black raspberry swirls made with real black and red raspberries
140 calories, 1.5 grams fat, 15% RDA calcium
\$3.50

"This has a serious raspberry flavor and a beautiful creaminess. It feels like you're eating a full-fat ice cream, not a healthy frozen yogurt," Palumbo says. She and the other judges also like the ingredients, including hormone-free milk and fair-trade flavors. Nutrition pamphlets are available at Ben & Jerry's counters, and there are lots of healthy choices—sorbets, frozen yogurts, and even full-fat ice creams like the next winner. (The vanilla, chocolate, and coffee flavors have 200 or fewer calories, too.)

Ben & Jerry's Strawberry Ice Cream

Strawberry ice cream with real strawberry pieces
170 calories, 9 grams fat, 15% RDA vitamin C, 10% RDA calcium
\$3.50

"It is delicious in taste and in feel—very honest and fresh," says judge Gale Gand, a pastry chef and co-owner of Tru in Chicago. Palumbo loves that it has only eight ingredients—all natural. Ask for a kid-size cup to cut calories.

Baskin-Robbins Light Aloha Brownie Ice Cream

Light chocolate ice cream with ribbons of fudge and chunks of macadamia nut toffee
160 calories, 5 grams fat, 10% RDA calcium
\$1.99

"Rich, fudgy, chocolatey, and delicious," Palumbo says. "If you need a chocolate fix, this will do the trick!" Baskin-Robbins's BRight Choices flavors—like Cappuccino Chip, Premium Churned Light Raspberry Chip, and various sorbets—are healthy takes on their classics. We did have one beef: Baskin-Robbins' products had more artificial ingredients than the other contenders.

Häagen-Dazs Cranberry Blueberry Fat Free Sorbet

A blend of tart cranberries and sweet blueberries
100 calories, 0 grams fat, 8% RDA vitamin C
\$3

"This has a nice flavor, is very refreshing and tart—but not too tart," Gand says. Häagen Dazs shops aren't overflowing with low-fat ice creams, but they do have other amazing fat-free sorbets besides our two winners. Our judges like that HD offers small cup sizes for portion control and that you can request nutrition information, which is kept behind the counter. ●



If you add a cone . . . > **Cake cone:** 17 calories, 0 grams fat > **Sugar cone:** 40 calories, 0.5 grams fat > **Waffle cone:** 121 calories, 2 grams fat

Our ice cream judges

> **Christine Palumbo, RD**, is a dietitian in private practice in the Chicago area and an adjunct faculty member at Benedictine University. She recently served on the American Dietetic Association Board of Directors.

> **Gale Gand** is the executive pastry chef and co-owner of Tru in Chicago. Her latest book is *Brunch! 100 Fantastic Recipes for the Weekend's Best Meal*.

> **Kara Nielsen** is the Food Trend Analyst at the Center for Culinary Development, a new-food-and-beverage-product-development company in San Francisco. She is also a former pastry chef.

> **Shaun Chavis** is *Health's* Associate Food Editor. She studied with celebrity French chef Jacques Pépin and has also worked at Boston's Serenade Chocolatier.