

POWER UP, SLIM DOWN

Exactly What to Eat V

Fitness

FLAT ABS FAST

**MOVES THAT
WORK MIRACLES**

**Pasta,
Pizza, BLTs!**
Lower Calories
than a Salad

BOOST YOUR RACE

Training Plans for
Your First or Fastest

SPECIAL REPORT

Women Being "Healthy"

**Great Hair
All Summer**
No Frizz, No Fuss

**Have
More
Fun**
The All-Play
Way to Torch
Calories

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FITNESSMAGAZINE.COM



GETAWAY GOAL

RECONNECT



It's love at first bite—on the fishing line. (Left: H&M swimsuit, \$30, and jacket, \$35. hm.com; Hat Attack rain hat, \$42. hatattack.com; Eddie Bauer Adventurer Fishing chest pack, \$80. eddiebauer.com)

DESTINATION

▼
C Lazy U Ranch in Granby, Colorado

It had been a month of unfinished sentences. With my husband's job hogging 60 hours a week and deadlines that had me burning the midnight oil, neither of us was making what I would call scintillating conversation at the dinner table—assuming we sat down together at all along with our 3-year-old daughter, Simone. So I turned our next unscheduled weekend into a reservation at C Lazy U Ranch in Granby,

Colorado. I figured that horseback riding and fly-fishing in 8,500 acres of mountain scenery would give us time to talk.

After sneaking in our morning workouts, we convened at the ranch's weathered barn. Head wrangler Bill Fisher paired us greenhorns with easygoing horses that inspired our confidence, then we paraded into the open valley, where we chatted while basking in views of knifelike summits piercing the turquoise sky.

Fly-fishing at meandering Willow Creek filled our afternoon. Strapped into our waders, Ben and I occasionally exchanged smirks at how ridiculous we looked. As we waited for fish to bite, we passed the time with actual conversation. When a footlong fish gulped the grass-hopper Ben had floated along the grassy bank, my hoots of glee matched his own. As we squeezed our faces together for a celebratory selfie, I felt a rush of our former selves, young and falling in love.

After dinner at the ranch house, with the sagebrush glowing in the setting sun, we sat on our cabin porch. With no phones or Internet readily available, we had each other's undivided attention, and we talked about our hankerings, made plans for upcoming holidays and laughed. Looking back on it now, I call it our family reunion.

—Kelly Bastone



BOOK IT

Available year-round, \$249 per night and up; clazyu.com



MORE FAB TRIPS TO TRY

Safari Surf School's Backpackers Special

Hang 10 with your honey and let sparks fly with an adventurous five-night stay in Nosara, Costa Rica, including one surf lesson daily, complimentary breakfast, use of a beach cruiser and your choice of local activities. (Available year-round, \$1,350 and up; safarisurfschool.com)

Lake Placid Lodge

Go big with a romantically rustic getaway in Lake Placid, New York. Thrilling rock climbing, white-water rafting and Olympic bobsledding provide you and your companion with a challenging and unforgettable outdoor journey. (Available year-round, activities vary based on season, \$766 per night, some activities included; lakeplacidlodge.com)

Royal Caribbean's Vitality Program

Set sail together on the *Liberty of the Seas* cruise ship to enjoy a ton of activities—like zip-lining, snorkeling and jungle-river tubing—as you island-hop for a week in the Caribbean. (Available year-round with all cruise packages, \$1,219 and up per week; royalcaribbean.com)