

## ● Explore a different side of Orlando

Mickey and Donald aren't the only reasons to plan a trip to Central Florida. Grande Lakes Orlando, a 500-acre resort, recently introduced its Grande Lakes Outfitters program, which features an Orvis-endorsed fly-fishing school and eco-tours of the Everglades headwaters. All excursions are guided and range from beginner fishing lessons to full-day seminars. For more information or reservations, call 800.576.5760.



Grande Lakes Orlando

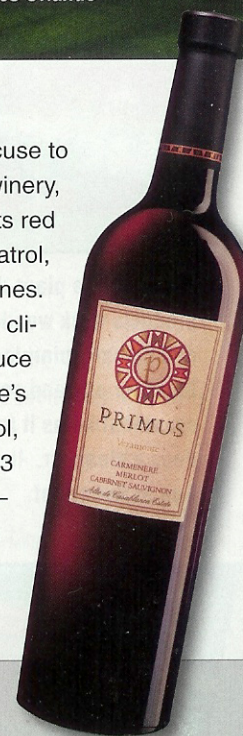
## ● What a warm-up

A short warm-up can go a long way toward preventing exercise-related injuries. That's why Atlanta Ron Jones developed his "Dynamic Warm-Up" DVD, which takes viewers through a total-body warm-up in 5 minutes flat. "There are other, more involved warm-ups out there, but I found them to be too hard for most people and not user-friendly enough," Jones says. Jones' entire warm-up can be done on the feet, making it ideal for those who want to replicate the moves on gravel roads or scalding sidewalks. Available for \$35 at ronjones.org.



## ● We'll drink to that

Raise your glasses—here's another excuse to drink red wine. Veramonte, a Chilean winery, recently conducted a study that found its red wines contain extra-high levels of resveratrol, a potent antioxidant found in all red wines. According to the study, Chile's harsh, cool climate causes Veramonte's grapes to produce extra resveratrol—for example, Veramonte's primus contains 2.5 mg/L of resveratrol, while a Napa Valley merlot contains just .3 mg/L of resveratrol. We say *que bueño*—we'll take any excuse to sip another glass. Veramonte merlot and primus available for \$5.99-\$15.99 at most liquor stores.



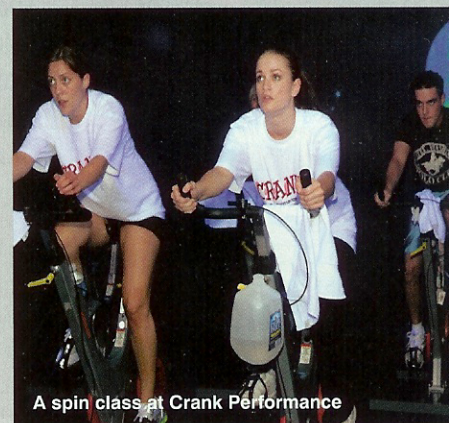
## ▶ Fit Tip

The faster you get, the harder it is to get faster. When starting a training program from a deconditioned state, virtually any training stress will produce results... continued growth will entail a great deal of knowledge and expertise or the retaining of someone with that knowledge and expertise. Form may be a major limiter, and an athlete will plateau without addressing this often-overlooked discipline.

—Matt Russ, USA Triathlon and USA Cycling expert coach, USA Track and Field Coach, owner of The Sport Factory

## ● Crank it up

You've probably never mistaken your spin class for a nightclub. But the black lights, bursts of smoke, dancing colors and thumping beats in Crank Performance's spin studio might make you second-guess yourself. Crank Performance is an all-new spinning facility located below the Gym of Buckhead, and it offers high-energy spin classes, open spin nights and VO<sub>2</sub> testing. Membership prices vary. For more information, call 404.256.4653.



A spin class at Crank Performance