

FOR ADVENTURE | TUCSON, ARIZ.

Hiking your way to health

Dietitian Devon Metz spent six years in the spa industry, playing the role of nutritionist, hiking guide and fitness instructor. She'd watch people shed pounds on healthful spa cuisine, only to fall back into bad habits after getting home.

Metz, 31, decided there had to be a way of using the spa experience to teach people how to make gradual, "real world" lifestyle changes, so she created Devon Hiking Spa. Her inaugural trip takes place Dec. 9-14 in Tucson, Ariz., at the Loews Ventana Canyon Resort.

The program is largely aimed at women, and as many as 20 guests can sign up for six days of physical activity based on different



The first Devon Hiking Spa trip is Dec. 9-14.

levels of ability. Nutrition and fitness experts teach you how to make healthy choices, and everyone gets a take-home plan for eating and exercise.

The Arizona trip costs \$2,200 per person, based on double occupancy. Tack on \$500 for your own room. Call (888) 823-2303. *Devon hikingspa.com.*