



### the martini method

Use a martini to improve physical conditioning? Well, sort of. The Martini Workout ([themartiniworkout.com](http://themartiniworkout.com)), created by fitness trainer Jessica Athas, is a regimen that stirs core muscles into action through a hybrid series of movements that center on enhanced flexibility and strength. To shake things up, a plastic version of the drink's iconic glass is set on the stomach, which draws attention to the abdominal muscles to help prohibit poor technique. "The glass is a balancing tool to ensure the exercises are done correctly," says Athas, whose spirited workout is currently on the menus at the Ritz-Carlton and InterContinental hotels in Boston. Her own signature martini – gratis to guests of the session – serves as a fitting class chaser.

VIJU MATHEW

## Well-Rounded Workout

Devon Metz, a registered dietician who leads weeklong journeys around the country that include hikes, fitness classes, and informative workshops, suggests that you include resistance and flexibility training in addition to cardiovascular activity in your weekly workout schedule to preserve muscle mass and prevent weight gain as you age. And don't forget to maintain proper hydration before, during, and after exercise. "Drink before you're thirsty, and aim for at least sixty-four ounces of water each day," she says. Metz's next spa hiking trip is December 9–14 at Loews Ventana Canyon Resort in Tucson, Arizona. For more information, visit [devonhikingspa.com](http://devonhikingspa.com). JULIE SINCLAIR



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