



↔ monterey

THE CLEMENT



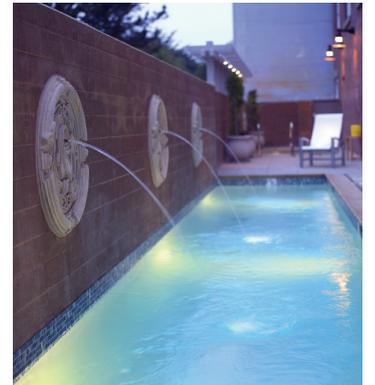
Have **FUN**
getting
healthy, with
ADVENTURE
HIKING and
fresh fish.

My baggage: I'm an overweight 30-year-old who loves being outdoors and is looking for a fun and natural way to shed some pounds. **Float away:** Just being near water has a calming effect on me. My ocean-view suite, with an ultracomfy bed, two fireplaces, and a soaking tub, sets just the right mood for a relaxing and rejuvenating weekend. **Smart start:** Wellness coach Lori Benak, from the on-site Energia Spa, takes me through a nutrition and fitness assessment, and pinpoints some trouble areas. My caramel macchiato and coffee cake breakfasts are setting

me up for sugar rushes and crashes throughout the day. Benak suggests no sweets in the morning. Instead, a lemon-water cleanse followed by protein, such as yogurt or an egg. **Danger zone:** There are three candy stores (think barrels of saltwater taffy), a Nestle cookie shop, and a Ghirardelli chocolate café all within a block of the Clement.

New heights: Benak leads me on a hike in nearby Point Lobos reserve. We watch waves crash into a cove hundreds of feet below, spot a deer, and munch on homemade granola. She is energetic and inspiring, sharing stories and suggesting a gratitude walk, where we are silent for 10 minutes, meditating on five things we're grateful for. The key to exercise adherence, she says, is finding something you love to do and putting it on your calendar, as you would any other appointment. I vow to visit Pleasanton Ridge when I get home.

Salmon substitute: Arctic char appears all over the menu at the hotel's C Restaurant (where Jerry Register, formerly of the Restaurant at Wente Vineyards, is the executive chef). The salmon relative aligns better with the



Monterey Bay Aquarium's Seafood Watch guidelines, and it was heaven atop a Caesar salad—dressing ordered on the side, of course.

Sanctuary space: After an 80-minute combo aromatherapy massage and facial, where Sherri Coffelt smoothed out my knots with her hands and feet, I zone out in my suite's tub, listening to the sound of the waves.

Back in the real world: Coffee cake's out, I recently hiked up to the frog pond at Pleasanton Ridge, and I'm ready to up the ante.

InterContinental the Clement Monterey, 750 Cannery Row, Monterey, (831) 375-4500, ichtels group.com. —LeeAnne Jones



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