

BONUS! 83 NEW SECRETS TO LASTING WEIGHT LOSS

APRIL 2009

Health

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On Food, Drugs & Doctor Bills
PAGE 116

LOSE 5 lbs IN 7 DAYS

Safe, no-hunger plan!

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WALK OFF FAT FAST

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STOP CANCER

With 2 simple moves

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✓PAIN ✓ITCHING ✓ALLERGIES

6 WAYS TO **BANISH BLOAT**

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HABITS OF REALLY HAPPY WOMEN

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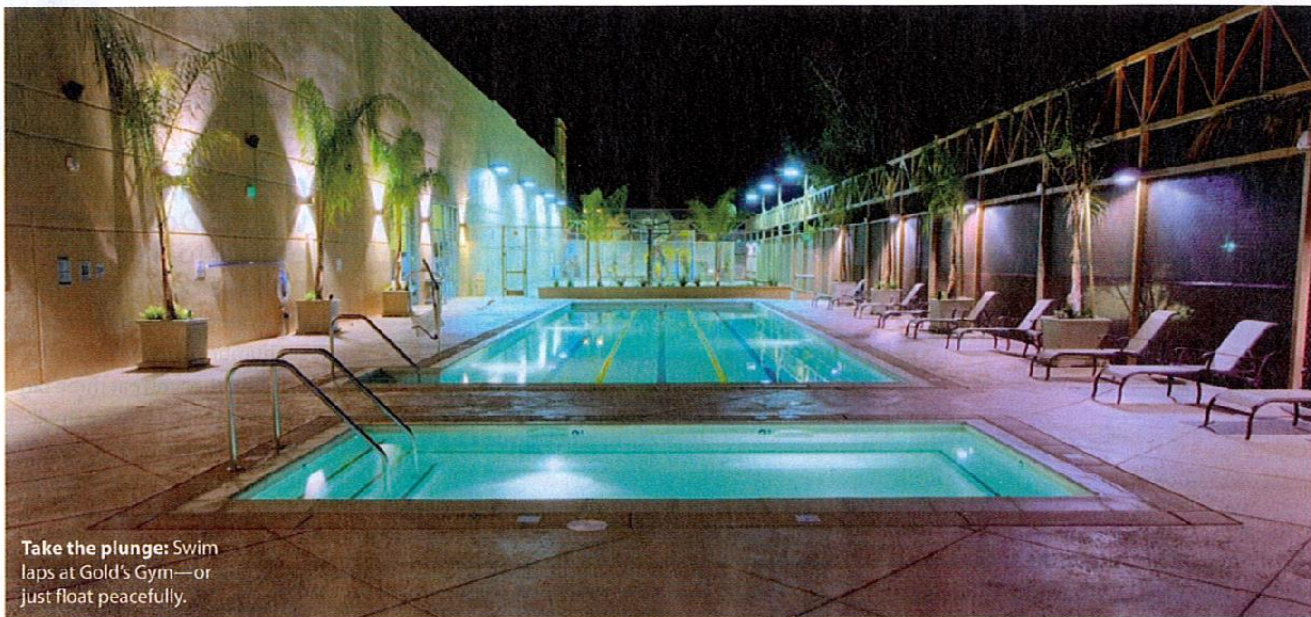


Star of *BONES*
Emily Deschanel

Health.com

AMERICA'S HEALTHIEST GYMS

Better circuits, tastier juice bars—these top 10 chains have it all. **BY TRACEY MINKIN**



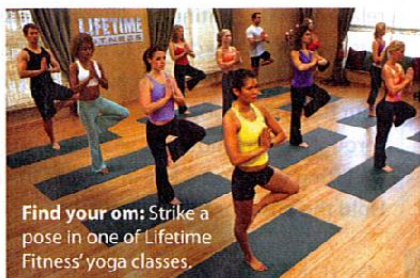
Take the plunge: Swim laps at Gold's Gym—or just float peacefully.

CHOOSING A GYM CAN FEEL A BIT LIKE choosing a spouse: You want it all, you deserve it all. And once you sign on the dotted line, it had better be a rewarding, motivating, and healthy relationship! So, consider us your health-club match-makers. In a world where every gym promises to be your be-all and end-all, it's hard to tell which major gym and health-club chains actually live up to the hype. We've assembled a panel of expert trainers, nutritionists, and practice mavens to find out which clubs offer you the most—from healthy, clean environments to the best, safest exercise equipment, from personal training to classes that will keep you motivated, plus food and drink to help you reach your goals. Read on for your perfect match.

1. EQUINOX FITNESS CLUBS

www.equinoxfitness.com

Let us count the ways this stellar club wowed our experts, notching 14 perfect 10s. Every detail counts here: rigorous cleanliness; impressive, extensive equipment (from kettlebells to nearly a dozen varieties of cardio machines); and impres-



Find your om: Strike a pose in one of Lifetime Fitness' yoga classes.

sively trained staff—all leading to safe, healthy (and fun) workouts. “The range of specializations among the staff gives them a perfect 10,” says fitness expert Kim Lyons, who was also impressed by Equinox's fantastic class offerings. “An excellent variety with a unique touch taught by knowledgeable trainers earns them a double thumbs-up!” she adds. Equinox's mind-body classes (such as their new

Buddha Camp, a boot-camp-style workout that incorporates elements of yoga, Tai Chi, and Pilates) earns a perfect score from judge Kristin McGee. “They really think outside the box,” she says. **WE LOVE:** PowerNAP+, a midday movement class that culminates in a short snooze to “improve mood, enhance mental concentration, and reverse information overload.” Brilliant and progressive.

2. LIFE TIME FITNESS

www.lifetimefitness.com

Life Time grabbed top scores from panelists for its large, dynamic clubs that style themselves as “day resorts for the entire family.” “Innovative and first-class,” notes panelist Cedric Z. Bryant. “Crazy awesome,” Lyons says. “If you

How we chose our winners

With the help of the International Health, Racquet & Sports-club Association's annual listing of the largest gyms and health clubs worldwide, we assembled a list of U.S. clubs with more than 25 locations spread over

at least three states, excluding those offering only personal or single-sport training. Our experts reviewed information provided by the gyms in their individual areas of expertise, awarding them scores based

on a broad range of criteria, including facilities and staffing, equipment and classes, healthy green practices, and nutrition. These scores were weighted and averaged, yielding our final results.