

THE WELLTHIEST

CITIES IN AMERICA



And by that, we mean the healthiest, happiest, outdoors-iest, Zen-iest towns in the U.S. *Women's Health* teamed up with Yelp to uncover them—and they're not the biggies you'd expect! If you live in one, congrats. If not, we've just handed you 15 vacation ideas.

BY KRISTEN DOLD AND JAYME MOYE

There are a healthy number of “healthiest cities in America” lists. Lists that celebrate locations teeming with gyms and doctors and parks. Lovely lists, really. But we wanted to celebrate *wellthy* zip codes. Places that have all of the above but also nail that elusive quality-of-life thing—restaurants with farm-fresh food, landscapes that energize and calm you, and lots of opportunities to stay social.

So where are these magical places? *WH* partnered with Yelp to find them. To arrive at our list,

Yelp’s data scientists parsed how many healthy-lifestyle businesses and amenities U.S. cities offered in relation to their population size, then looked at how often people used or searched for those businesses, and how highly they were rated. Once the numbers were crunched, we grilled Yelp’s local experts and other cool residents about their towns’ buzziest wellness trends and recommendations. Here, the results of our six-month search: 15 superstar cities, each *wellthy* in its own unique way.



WEATHER CHECK “There’s nothing better than waking up in a new city, opening the curtains, and seeing the sun shine,” says Dylan Dreyer, meteorologist for NBC News *Weekend TODAY*, who gave *WH* the intel on best-weather months to visit each city (look for the ✨ icon throughout the story).

PORTLAND, OR

With 350 miles of bikeways, 6,500 public bike racks, and 7 percent of commuters riding two wheels to work (the highest of any large U.S. city), Portlanders are as hot for their bikes as they are for their craft burger-and-beer scene. Locals call the balance of the two “pay to play.” And a growing number of foodie hot spots are serving organic fare to keep people from derailing their *wellthy* goals. Follow this 9.25-mile bike tour for a screengrab of Portland’s yummiest grub.



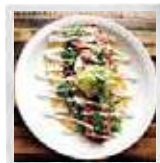
LUNCH

Broth Bar (brothbarsft.com) Locally sourced bone broths abound. Pick from proteins like bison, chicken, or lamb, topped with kimchi or pickled duck egg.



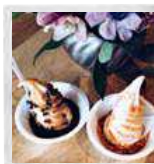
SNACK

Kure (kurejuicebar.com) Sip smoothies with energizing add-ons like maca and green algae. Try the Extra Mile, with almond butter, coconut water, and local honey.



BREAKFAST

Harlow (harlowpdx.com) The menu is packed with veggie scrambles and breakfast bowls, minus any dairy, gluten, refined sugar, or preservatives.



DESSERT

Eb & Bean (ebandbean.com) Pick from a rotating roster of organic fro-yo flavors like salty caramel and palm sugar pecan. Crown yours with dye-free sprinkles.



DINNER

Virtuous Pie (virtuouspie.com) The pizzas are 100 percent plant-based, and flavor-bomb toppings like braised jackfruit and buffalo cauliflower stand up to any meat-lover’s pie.

✨ Visit: July to September

ALBUQUERQUE, NM



Albuquerque International Balloon Fiesta



Sandia Mountains

Albuquerque marries a small-town vibe with larger-than-life desert scenery. (Look east and catch the Sandia “watermelon” Mountains melting into a yummy shade of pink at sunset.) With 310 days of sun a year, locals live for outdoor adventures. Try one of these sunny-day pursuits, depending on how active you want to be.

Feeling chill: Take in some major eye candy at Albuquerque International Balloon Fiesta (balloonfiesta.com; tickets start at \$10), a nine-day event held every October in a park where hundreds of rainbow-hued hot-air balloons bedeck the sky.

Up for a stroll: Explore the multifaceted ABQ Biopark (cabq.gov/culturalservices/biopark), which includes an aquarium, one of the country’s best botanic gardens, a beach for fishing and boating, and a zoo where you can coo over baby elephants and hippos.

Energy to burn: Kayak or raft down the mammoth—yet totally mellow—Rio Grande River (there are no technical rapids in the Albuquerque stretch). Gape at the cottonwood trees, great blue heron, and even the occasional bald eagle while getting a workout with your oars.

Craving a challenge: Grab friends and go bouldering (rock climbing minus the ropes and harnesses, plus a few crash pads—a full-body blast) on the coarse granite boulders at the U-mound. At the base of the Sandia Mountains, these rocks are great for finding footholds but less kind to scraped knees, so toss a few bandages in your bag.

✨ Visit: May to June, August to October

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Castle in the Air

BERKELEY, CA

In this land of the enlightened, you'll find dozens of yoga and meditation studios, plus nature's own Zen zones: the Berkeley Hills, César Chávez Park, and Tilden Regional Park, where locals head to hike and picnic. Emiliana Simon-Thomas, Ph.D., science director at Greater Good Science Center at the University of California at Berkeley, studies mindfulness and happiness, so we asked her to suggest some of the best spots around town.

Berkeley Yoga Center

(berkeleyyoga.com) "The studio is quiet, warm, and full of light—you can even hear birds!—and instructor Melanie is like a modern-day shaman; she's enchanting and nurturing but still challenging. Her class is a great energetic cleanse."

The Cheese Board Collective

(cheeseboardcollective.coop) "There's usually a line to get in, but when you do, this cooperative bakery and cheese shop is pure happiness: People spill out onto the patio and there's live music, rare cheeses to sample, and world-famous pizza—it's so good, my relatives from Paris always take a pie home on the plane."

Fourth Street Shops

"A slew of small businesses makes this two-block stretch a cheerful place to spend an afternoon." Take a crepe paper flower-making class at Castle in the Air (castleintheair.biz), or connect with pals over super-fresh coffee—roasting happens on demand—at Artis (artiscoffee.com).

Inspiration Point on Wildcat Canyon Road

"Follow this paved trail way up in the hills for stunning views of San Francisco, Mt. Tamalpais, Mt. Diablo, and, on lucky days, cows," says Simon-Thomas. Check out the Peace Grove, where Berkeleyites lounge near giant sequoia trees, many of which are dedicated to legends like Nelson Mandela and Dr. Martin Luther King, Jr.

✦ Visit: May to October

ST. PETERSBURG, FL



St. Pete Bike Co-op

Year-round beach temps mean these coastal Floridians love themselves some water sports, but they're also landlubbers. In fact, the percentage of searches for businesses in wealthy categories in St. Pete's beats any other city on our list. Here's where residents hang when dry.

St. Petersburg Shuffle Club (stpeteshuffle.com) Friday nights are free at this historic (founded in 1924) shuffleboard club, where local artists and history buffs have banded together to revive the nostalgic game.

St. Pete Bike Co-op (stpetebikecoop.wordpress.com) Jump on one of the free bike tours of the city's crazy-colorful murals, like the abstract "Space Rainbows" and a cool tribute to '60s icon Twiggy.

Lassing Park (stpeteparksrec.org) Relax at this off-the-beaten-path space; bring a picnic from nearby Old Southeast Market, play Frisbee with your friends, and watch the sun set over the water.

Karma Juice Bar & Eatery (karmajuicebar.wordpress.com) On 90-degree days, cool down here with fresh-pressed juice.

✦ Visit: January to May, September to November

NEWTON, MA

Quaint, suburban Newton (seven miles outside Boston and home of Boston College) is crawling not only with doctors—thanks to the dozens of world-class hospitals in the area—but trendy boutique fitness studios as well. The buzziest spots to sweat now, as selected by Newton's hot-shot female physicians:



Cardio High

Cardio High

(cardiohigh.com) "I'm a runner, and I love the workouts here—low-impact interval training with a heart-rate monitor strapped on—because they balance my usual cardio by pushing my entire body."
—Susanne Muehlschlegel, M.D., M.P.H., neurologist, University of Massachusetts Memorial Medical Center, Worcester

SoulCycle at Chestnut Hill

(soul-cycle.com) "For an athlete, this class provides a real challenge. As a mom and physician, it gives me a chance to bring my emotions into the room, process them during the ride, and leave with more mental clarity."
—Heidi Werner, M.D., assistant professor of pediatrics, Boston University School of Medicine

CrossFit Newton

(crossfitnewton.com) "It's a way for me to beat stress and gain mental toughness, and I've learned more about functional movements—how to lift, sit, walk—which is so important for beating pain."
—Eva Selhub, M.D., adjunct scientist, Jean Mayer USDA Human Nutrition Center on Aging at Tufts University, Boston

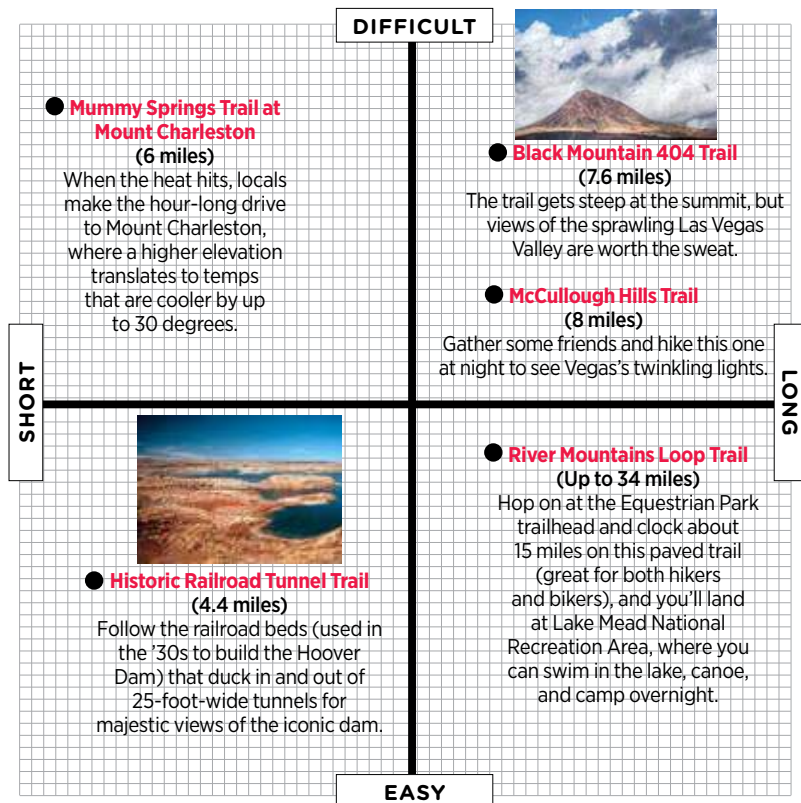
Modern Barre

(modernbarre.com) "Classes here are small, intense, convenient, and a wonderful escape from my usually demanding schedule—it's everything we physicians advocate for on a daily basis."
—Anasuya Gunturi, M.D., Ph.D., medical oncologist, Lowell General Hospital, Massachusetts

✦ Visit: June to October

HENDERSON, NV

It's only a 15-minute drive from the Las Vegas strip, but wind your way into Henderson's 180-mile trail system and you'll feel light years from the casinos. Whether you want to fire up your quads going uphill or conquer a high-mileage trek, there's a diverse selection of terrain. Play by our matrix.



* Visit: April to May, September to October

VIRGINIA BEACH, VA



The mild climate and flat terrain make VB a runner's paradise, but the new Hillier Ignite oceanfront fitness park is another cool draw. It's got rope climbs, gymnastics rings, pullup bars, balance beams, and a slackline, with plenty of soft sand if you fall. Follow up a run along the three-mile boardwalk with a strength circuit there, or race one of these:

Rock 'n' Roll Half Marathon, September 3
(runrocknroll.com)
Nineties-throwback alert: Sister Hazel is performing at the finish line.

Wicked 10K, October 28
(wicked10k.com)
On the playlist: "Thriller" and "Monster Mash." But it's worth it just for the wacky costumes.

Surf-n-Santa 5 Miler, December 16
(surfsanta5miler.com)
The world's largest Santa run. Swag bag (for all!) includes a five-piece Santa suit.

Shamrock Marathon, March 18
(shamrockmarathon.com)
Qualify for Boston on this certified course—while wearing green. Or run a relay or 8-K.

* Visit: June to September

ANCHORAGE, AK



Salmon fishing at Ship Creek River

The prospect of hunting and fishing amid the scenic mountains lured Katie Lloyd, 39; husband, John; and their two young kids from Denver in 2015. They own a chiropractic and massage clinic (popular in Anchorage since many people have physical jobs). Her Rx for a perfect day:

9 a.m. Breakfast

Fuel up with crab Benedict (a popular dish in Anchorage) and the beloved local brew, Kaladi Brothers Coffee, at South Restaurant + Coffeeshouse (southak.com).

10 a.m. Hike

Trek 1.5 miles to the summit of Flattop Mountain in Chugach State Park (alaska.org/detail/flattop-mountain) for a killer workout and breathtaking mountain views.

12:30 p.m. Farmers' market visit

The Anchorage Market & Festival, Alaska's largest open-air farmers' market (anchoragemarkets.com/anchorage-market-festival), goes down every weekend from May to September. Find unique food trucks (reindeer sausage!), Alaskan artisans, and oversized local produce (long summer daylight hours equals ginormous veggies).

3:00 p.m. Salmon fishing

Cast a line for wild salmon in the center of town. Rent poles and bait at The Bait Shack (thebaitshackak.com)—a one-day nonresident fishing license is available for \$25 at grocery stores and Walmart. New Sagaya City Market (newsagaya.com) can gut and clean your catch and ship it home for you anywhere in the continental U.S.

6:30 p.m. Dinner

Bridge Seafood (bridgeseafood.com), on the bridge over Ship Creek River, is popular with tourists because you can watch anglers in action, and with locals because every fish on the menu is fresh from Alaska.

8:30 p.m. Berry picking

The summer sun doesn't set until past midnight(!), leaving evenings open for berry picking (free and legal on public lands). Those in the know take a 35-minute ride to the hamlet of Girdwood. (Drive to the lot at the end of Crow Creek Road for the best trails).

* Visit: July to September

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AUSTIN, TX

The birthplace of Whole Foods, Austin is a bastion of healthful eating and one of the fittest cities in the nation. But wait, aren't Austinites hardcore BBQ and taco fanatics? That's true too! Four local nutritionists share their favorite restaurants where foodies can eat healthy.



Franklin Barbecue

FOR BBQ

Franklin Barbecue (franklinbarbecue.com), regarded as the best in Texas, is also dietician Brooke Zigler's pick for the wellthiest. The pitmaster here found that hormone- and antibiotic-free beef yields more readily to the low heat of the pit, so it's especially moist and flavorful.

FOR BURGERS

Wholly Cow Burgers (whollycowburgers.com), a favorite of Lauryn Lax (founder and CEO at Thrive Wellness and Recovery), uses local, organic, grass-fed beef. Get the Fit Cross Burger, dubbed "the Paleo" by locals, served between two portobello mushroom caps.

FOR MEXICAN

Fresa's (fresaschicken.com) is where you'll find Carly Pollack (owner of Nutritional Wisdom) and her friends. This Austin original does a modern take on classic Mexican fare like tacos and burritos. Try the Power Bol with agave-lime chicken, avocado, and roasted cauliflower.

FOR VEGETARIAN

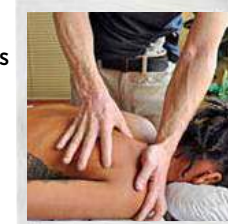
Bouldin Creek Café (bouldincreekcafe.com), a vegetarian eatery inside a converted car-repair station, is Colleen Flynn's (founder of Nutritional Zest) go-to. The Tarzen Salad packs a nutrient punch: a mound of veggies sprinkled with their crave-able chipotle pecan pesto.

✦ Visit: April to May, October to November

FROM LEFT: COURTESY OF FRANKLIN BARBECUE; COURTESY OF THE CITY OF DURHAM (4); COURTESY OF DURHAM CONVENTION & VISITORS BUREAU; COURTESY OF BOULDER CANNABIS MASSAGE

BOULDER, CO

Boulder may be best known as an endurance-sports mecca—it's home to Olympic cyclists, famous rock climbers, and some of the fittest weekend warriors on the planet—but the town's longtime focus on alternative medicine and healing is its defining wellness element. Yoga studios outnumber bike shops, and medical and recreational marijuana centers are legal here! Follow a workout with one of these alternative recovery treats.



Cannabis Massage at Boulder Healing Hub

AFTER HIKING... Foot Bath at The Dragontree Spa

(thedragontree.com) Inside this Ayurveda-inspired spa, guests sit with warm towels around their necks while soaking tired feet in copper bowls filled with hot water, healing stones, essential oils, and medicinal herbs. A heavenly experience after trekking on steep, rocky trails.

AFTER ROAD-BIKE RIDING... Ice Bath at The Recovery Lab

(thefixtmovement.com/therecoverylab) At this walk-in clinic, pro road-bike racers (a Boulder staple) accelerate their recovery by treating sore legs to an ice bath immediately after a hard ride. The therapists teach cyclists of all levels how to do the polar practice.

AFTER ROCK CLIMBING... Cranial Sacral Therapy at BodyWork Bistro

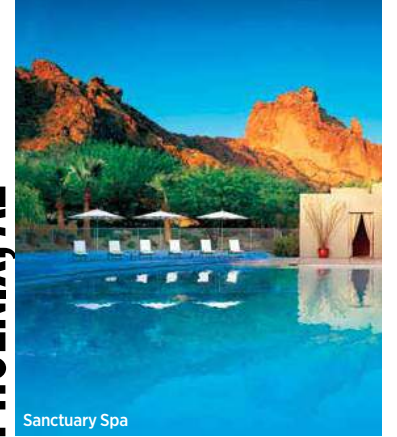
(bodyworkbistro.com) High-adrenaline sports like rock climbing can spike your anxiety levels. Find calm with cranial sacral therapy, a light head and spine massage said to release stress by rebalancing cerebrospinal fluid.

AFTER MOUNTAIN BIKING... Cannabis Massage at Boulder Healing Hub

(boulder.cannabismassage.com) A rub with cannabis-infused lotion or oil can be an antidote to tension and pain after biking rugged terrain. You won't get high unless you request a salve with THC, which your skin can absorb for a mild buzz.

✦ Visit: November to March, May to September

PHOENIX, AZ



Sanctuary Spa

No one worries about vitamin-D deficiency in sprawling Phoenix, thanks to 325-plus days of sunshine per year (no wonder it's known as The Valley of the Sun). But locals and visitors often take cover in Phoenix's world-class wellness resorts and spas. Four of the best:

Sanctuary Spa (sanctuaryoncamelback.com/spa-fitness) A tranquil, Asian-themed spa and resort—complete with a meditation garden—Sanctuary offers The Satori (the Japanese term for "awakening") experience: a personalized multiday spa boot camp that combines fitness training, services like massages and facials, and healthy meals by Food Network star and executive chef Beau MacMillan.

Joya Spa at Omni Scottsdale Resort & Spa at Montelucia (omnihotels.com/hotels/scottsdale/montelucia/spa) This exotic, Moroccan-inspired oasis contains the only hammam, or traditional Turkish bath, in Arizona. The Moroccan Cleansing Ritual is the ultimate full-body detox.

Well & Being Spa at the Fairmont Scottsdale Princess hotel (fairmont.com/scottsdale/spa) Get relaxed and ripped: Besides trendy therapies like cupping, Well & Being offers a cutting-edge fitness facility with Pilates, TRX, and aerial yoga classes; a rooftop pool; a health-conscious eatery; and state-of-the-art diagnostic services that measure cardio endurance and calorie burn.

Spa Lamar (spalamar.com) The day-spa darling boasts a fun island vibe, award-winning massages, and a coed swimming pool, whirlpool, steam room, and sauna. And the price is right: A Swedish massage paired with a spa lunch and a yoga class runs \$140.

✦ Visit: May to June

DURHAM, NC

Ironic as it may be, Durham's history as the capital of the American tobacco industry is responsible for its current wellthiness. The city's Duke University (founded with big tobacco money) Health System is one of the most highly respected in the country. Old tobacco plants have been revitalized into galleries, restaurants, and more. With an average temp of 70 degrees year-round, residents prefer to travel on foot. Try this downtown walking tour.



Pick up a map at the Durham Visitor Info Center (durham-nc.com/maps-info/) inside the historic Beaux Arts-style Trust Building.



Head west on Main Street for a visual feast of varied architecture, including the 1909 Spanish colonial-style Temple Building, the 1925 Georgian revival Old Hill Building, and the 1933 art deco Snow Building.



Follow the Downtown Loop clockwise and check out the Civil Rights Mural (local artists funded this vibrant work via Kickstarter!). Then snap a pic with The Major—a one-ton bronze bull in the City Center Plaza that's been a Durham symbol since the 1800s.



Hang a right on Foster Street, which becomes Blackwell, into the American Tobacco District. You'll spy the Old Bull Building, an 1874 Italianate-style brick tobacco warehouse (one of the nation's oldest) that's been restored as apartments.



Pass the red-brick American Tobacco campus. Once the center of that industry, it now serves as a hip shopping and entertainment district. Grab lunch at Saladelia Cafe (saladelia.com), and peep the giant stage at Durham Performing Arts.

✦ Visit: April to June, September to October

MILWAUKEE, WI

Milwaukee has mastered the art of quirky wellness. Its residents play ice hockey in the summer at the Pettit National Ice Center (thepettit.com), stroll the three-mile River Walk in the dead of snowy winters, take yoga classes in an art museum, and mix trampolining with beer (read on). A sampling:



Milwaukee Art Museum

Bounce your way to fitness (and a buzz) at Bounce Milwaukee (bouncemilwaukee.com), an indoor inflatable-trampoline park, rock-climbing wall, and bar. Friday and Saturday nights are adults-only after 9 p.m.

Stretch with a side of art at the Milwaukee Art Museum (mam.org), where one Saturday a month, hundreds do downward dog beneath the glass roof. The \$15 fee includes a day pass to the museum.

Get your sausage fix (even if you're a vegetarian) at The Vanguard (vanguardbar.com), a café that pairs gourmet sausages with beer or cocktails and offers vegan versions of the made-from-scratch links.

Eat (rooftop) farm fresh. Braise restaurant (braiselocalfood.com) sparked the concept of rooftop gardens, opening the city's first in 2013 to grow veggies and herbs used in their dishes, like kohlrabi carrot soup.

☀ *Visit: June to September*

OVERLAND PARK, KS

A mainstay on "Best Quality of Life" lists, the city offers amazing health care, air quality, schools, and recreational facilities. Oh, and it's in the heart of our country's farmlands, which means the freshest meats, grains, and produce. Be sure to visit these cool spots.

Scheels Overland Park Soccer Complex (opkansas.org/things-to-see-and-do/soccer-complex), the only one of its kind in the U.S., features 12 regulation-size, synthetic-turf fields, and electronic scoreboards.

One of America's best, the **Overland Park Farmers' Market** (downtownop.org/market), open April through November, offers free-range meats, local produce, cooking

demos, and musical performances.

More than 250 animals and birds call **Deanna Rose Children's Farmstead** (artsandrec-op.org/farmstead) home.

Not just for kids, the 12-acre educational farm community, complete with a turn-of-the-century schoolhouse, is a unique way to learn about the Midwest's frontier history. But really, they had us at bottle-feeding baby goats.



Scheels Overland Park Soccer Complex

The 300-acre **Overland Park Arboretum and Botanical Garden** (artsandrec-op.org/arboretum) is a naturalist's dream. Hike, bird-watch, or check out rotating art and cultural exhibits of photography, painting, and even container gardening.

☀ *Visit: April to October*

SIoux FALLS, SD



Santosh Hot Yoga

As picturesque as waterfall-laden Sioux Falls can be, it's also frigid, so residents head indoors for their workout fix. The city boasts an unusually large per-capita ratio of micro fitness studios—many owned by women—with something for everyone. Locals love these:

Santosh Hot Yoga (santoshahotyoga.com) We all know the body-tightening benefits of barre, but with small movements, it's easy to cheat. Not so in this class. "Using the right technique is the number one thing I teach," says founder Rachael Halgerson.

AMT (amymillertraining.com) "Hot sculpt" yoga with dumbbells gets results fast. It also builds your brain: "The heat makes it a mental exercise in modulating your internal landscape when you can't control your external one," says founder Amy Miller.

Thrive Pilates Studio (thrivepilates.com) The Stott style is arguably the safest form of Pilates because it maintains the natural curvature of the spine (instead of forcing it straight). "With a class size of five, everyone receives individualized attention and gets to know each other—it's a true fitness tribe," says founder Tracy Nielson.

Soul Movement This twist on yoga uses chairs, bolsters, straps, and stability balls to push your body's capabilities. "It's the class where somebody does a backbend for the first time, where people move through something they've been holding on to for five years," says founder Gretchen Borgum.

☀ *Visit: June to September*

THE WELLTHIEST BIG CITIES

High-five to these major players for their health-forward tune-ups!



CHICAGO: Even the historic meatpacking district of this carnivore's mecca (dare you to find a town that loves hot dogs more) is now home to veggie-forward destinations. At Bad Hunter (badhunter.com), chow on farfalle with root bolognese. Publican Anker (publicananker.com) serves grilled cucumbers with whipped ricotta and zhoug (a Middle Eastern herb sauce).



PHILADELPHIA: The boutique fitness scene is buzzing, but so are free classes: November Project (november-project.com/philadelphia-pa) offers no-cost hour-long workouts twice a week; daily yoga at Race Street Pier (delawareriverwaterfront.com/events/free-yoga) is free through fall; and run club City Fit Girls (cityfitgirls.com/philadelphia) meets weekly at Dilworth Park.



LOS ANGELES: Busy Angelenos crave natural ways to chill, so city hot spots are adding adaptogens (herbs, roots, and mushrooms that fight fatigue and lower stress hormones) into their juices, smoothies, and teas. Swing by Moon Juice (moonjuice-shop.com) for a Golden Tonic, made with ashwagandha (Indian ginseng), cardamom, black pepper oil, and turmeric. ■

GET WELLTHY WITH US! Yelp and *WH* are holding events in many of our winning cities this summer. Come mingle with locals and Yelp staffers and score swag from *WH* and some of the businesses mentioned in this story! Get info at WomensHealthMag.com/Wellthiest-Cities.