



ACTIVE TRAVEL

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## 10 Fitness Getaways That Will Change Your Life



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Traditional vacations can leave you feeling unhealthier than ever when you get home—whether you’ve overindulged in the local cuisine, sampled too much nightlife, or simply spent too much time sitting while in transit. So this year, why not come back rejuvenated instead of drained with one of these vacation-worthy fitness getaways?

### Fitness Getaways

These vacation retreats promise to change your mindset, prolong your life-span, and give you the foundation you need to help you live a healthier life.

## World Bicycle Relief Ride



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Get in shape, help others, and see Italy—it's a win-win. If you join [World Bicycle Relief/Tourissimo's Appenninica tour](#), you'll be responsible for raising \$2,000, which will be used to buy 14 bikes for students, healthcare workers, and entrepreneurs in rural Zambia. Your bike ride will traverse the scenic Alta Via dei Parchi in the Apennine Mountains; and along the way, you'll get to sample local delicacies from the famous Emilia Romagna region, including lasagna, tortellini, prosciutto di Parma, and more (so maybe you won't get *too* in shape).