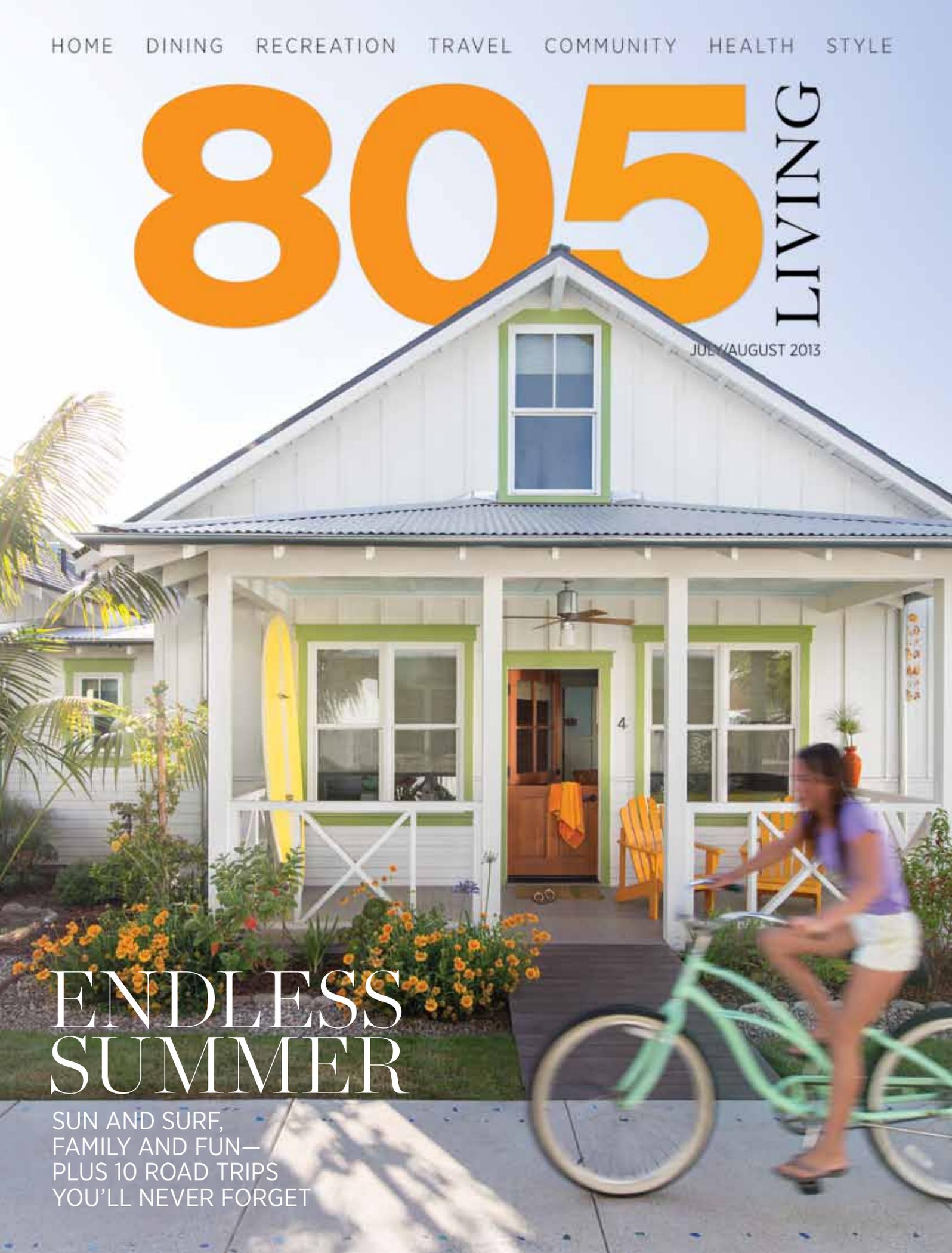


805 LIVING

JULY/AUGUST 2013



ENDLESS SUMMER

SUN AND SURF,
FAMILY AND FUN—
PLUS 10 ROAD TRIPS
YOU'LL NEVER FORGET



YOU SAY TOMATO, YOUR KID SAYS TORTILLA CHIPS

Baby steps toward feeding children more healthfully. Plus, seaside spa treatments and three local hikes.

BY MARYANN HAMMERS

CHILDHOOD OBESITY IS ON THE RISE. A recent UCLA study shows that more than a third of 5th, 7th, and 9th graders in Ventura County are obese or overweight and at risk for health problems, depression, and low self-esteem.

“Kids today face type 2 diabetes, hypertension, and high cholesterol,” says Aimee Hammond, R.D., owner of Balanced Plate Nutrition in Ventura (805-746-3657), who specializes in weight management.

“These health issues should not be associated with children,” says Hammond. “My children’s generation is the first predicted to live a shorter life than their parents.”

Junk food, fast food, processed food, sugary drinks, super-size portions, and ubiquitous advertising and promotions aimed at kids (Happy Meals with toys, for example) are often the culprits, she says.

A mother of two children, Hammond also faces the challenge of providing good nutrition to picky eaters at home. Here are her tips:

NO FOOD FIGHTS

If your children won’t eat broccoli, “be cool about it,” Hammond says. Don’t bribe, threaten, or nag. Just make sure there is another healthy option on the table that they do like. But don’t permanently give up on broccoli (or whatever your kids’ particular refuse-to-touch food is): Just keep putting it on the table. Eventually, they may give it a try—that is, if you don’t turn it into a power play and make a big deal about it.

IF YOU BUY IT, THEY WILL EAT

Open your fridge. What do you see? It may seem obvious, but if you buy only healthy food, that’s what your kids will eat.

“Eliminate soft drinks and junk snacks from your home,” Hammond says. “When my children open our pantry or refrigerator, whatever they take out to eat is okay. So they can choose what they want, and I am confident they are getting quality nutrition.”

GET EVERYONE INVOLVED

Let the kids be part of the meal-planning process from shopping to choosing recipes, preparing the food, and setting the table.

“Go to the farmers’ market together and pick a new food of the week, then find recipes for it,” Hammond says. “They’ll have a vested interest and a sense of pride in the meal and will be more willing to sample the foods.”

The bottom line, she says, is to “keep it fun, be open to experimenting, make eating healthy a family habit, and allow kids to make choices.”

SPA BY THE SEASHORE

With two locations in proximity on the Pacific Coast Highway, wave watchers can choose their view at **Cure** (curemedspa.com). “Clients like to hang out on the balcony with a cup of tea and enjoy the view” at Cure Spa Malibu (across from Nobu Malibu), says spa director Joleen Porcaro. This location hosts free “Happy Hours,” usually on the second Friday of each month, with appetizers, cocktails, mini treatments, demonstrations, and samples. Cure Spa at the Malibu Beach Inn overlooks the ocean “so all you see is gorgeous seascape,” Porcaro says. Many spa-goers from both locations have lunch on the Malibu Beach Inn’s oceanfront terrace to make the most of their day-at-the-beach getaway.

At **Bacara Resort & Spa** (bacararesort.com) in Santa Barbara, the ocean-view rooftop terrace offers a sunny setting for a massage (choose from neck and shoulder, Swedish, sport, or deep tissue). Before or after, enjoy the heated saline spa pool, Swiss showers (with multiple showerheads), cardio and weight studio, steam, sauna, and heated saline hydrotherapy baths inside the spa.

Spa suites at the **Four Seasons Resort The Biltmore Santa Barbara** (fourseasons.com/santabarbara) have fireplaces, private terraces, and French doors opening to Butterfly Beach views, plus private deep-soaking Jacuzzi tubs and bathrooms with steam showers. The spa is the only one in the area to offer HydraFacials, a results-oriented resurfacing procedure without discomfort or downtime. “Your face won’t be red afterwards,” says spa director Matt Turner. “It’s recommended for people with discoloration, sun damage, wrinkles, or large pores.” Après-treatment, slip into a silky robe and sip hot tea or chilled pomegranate lemonade by the fireplace in the relaxation room and watch pelicans soar over the sea.

EXPERT ADVICE

With mountains, creeks, ocean bluffs, and a near-perfect climate, the 805 area is a hiker’s paradise. Tony Biegen (santabarbaratrailguide.com), outings chair for the Santa Barbara Group of the Sierra Club, has led or participated in more than 1,000 Sierra Club hikes and backpacking trips. He shares his favorite local treks:

Perfect Family Hike: “The bluffs above Carpinteria Beach make for a great little beginner’s hike. It’s a level walk with access to the beach below with nice picnic tables at the end of the hike.”

Most Popular: “Cold Spring East trail to Montecito Overlook is a well-maintained 3-mile loop. At the 2.75-mile mark, look for two prominent eucalyptus trees. At this point, the view is spectacular with long stretches of the coast visible as well as Channel Islands views.”

Best Sunset: “The Tunnel trail hike to Inspiration Point in Santa Barbara is 3.6 miles round-trip with about half of it an easy walk on a paved road. Then the trail climbs up the mountainside in a series of switchbacks. The trail is well maintained, and the steep climb is not very long. At the summit, enjoy extensive views of the city, the ocean, and the Channel Islands.” ♦

PILATES

strength



CORE

Trim, tone, and sculpt.

Get started with this special introductory program.

Call 805.496.2929

powerhouse

\$249

Five Private Pilates Sessions

July & August only

muscle balance

TALLER & leaner



flexibility

JOE & CLARA
Pilates Inspired Health Club

2282 Townsgate Road | Suite 1
Westlake Village | 91361
joeandclara.com