

florida beach body

Text and photos by
Amanda Castleman



Fitness can also be fun at Colonel Bob's bootcamp outside the Fort Lauderdale Harbor Beach Marriott.

a morning light washes over champagne-colored sands as Lt. Colonel Bob Weinstein barks at his squad. "Lunges! Burpees! Jumping jacks!" Some recruits grimace, but nobody sasses the former codebreaker and Cold Warrior. Fitness fans have assembled on this Florida beach for a taste of bootcamp. And no one wants to be the fresh meat that can't make the grade.

Colonel Bob charges \$17 for drop-in drills on the private beach outside the Fort Lauderdale Harbor Beach Marriott four times a week (\$10 for hotel guests). He puts exercisers through paces that range from chorus-girl kicks to a hotly contested tug-of-war. "The sand does wonders for the butt and legs," explains the personal trainer, who retired from the military after 30 years of service. "The uneven surface and softness use the muscles in ways that don't happen on a hard surface."

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He soon has all the bootcampers gasping, even his regulars. "I've been doing this over ten years," he says. "My mission is to help people get in shape. You don't have to be combat-ready to be healthy."

And for Bob Weinstein, that idea goes beyond a ripped bod. He saves the hardest exercise for last. "In a world full of smartphones and laptops, stretch out and enjoy 60 seconds of silence," he advises the group. Not one of his recruits washes out. <http://beachbootcamp.net>

Fort Lauderdale "Fitcation"

The Harbor Beach Marriott — an emerging fitness destination — picks up where Colonel Bob leaves off. Guests can do oceanfront yoga, bask in the serene spa pool and hit a gym overlooking the sun and sea: the setting that made Florida a world-famous place to unwind.

The resort even offers takeaway tips via its Staying Fit On The Go class. Ana Sa, a luminous Brazilian trainer, bounces between smoothie recipes, interval-training tips and more holistic advice. "There's no excuse for not exercising, even when you're traveling," she stresses. "If nothing else, get down into plank position five times a day and then do five push-ups. Try some squat jumps. Every step, every movement helps bring you closer to your goals." www.harborbeachmarriott.com



Fort Lauderdale 411

This Southern Florida city swelled from a beer-fueled training ground for collegiate swimmers into a spring hot spot after the 1960 hit movie *Where The Boys Are*. Soon boisterous crowds filled the beaches — and hospitals and drunks tanks. By the '80s, then-Mayor Robert Dressler cried uncle, urging students to "go somewhere else and give us a break." As the drinking age rose to 21, they took his advice in earnest. Goodbye wet T-shirts, margarita specials and "Fort Liquordale!" Enter chic cuisine, art galleries and a thriving festival scene. www.sunny.org

Travelgirl Picks:

Market 17: This farm-to-table organic restaurant makes charcuterie in-house, from bacon jam to spiced-date duck sausage, alongside dishes like red-beet risotto. It also serves a blind tasting menu — literally — with dining in the dark. www.market17.net

3030 Ocean: Chef Dean James Max grew up on a farm in Virginia, studied under French chefs and lived in Florence, Italy. He weaves it all into the Marriott's simple-yet-sophisticated seafood restaurant. www.3030ocean.com

YOLO: From skillet cornbread to coriander-seaweed-crusting tuna, this eatery — named after the slogan "You Only Live Once" — woos hip professionals to its tables into the wee hours. www.yolorestaurant.com

Las Olas Boulevard: More than 10 international galleries, 30 al fresco restaurants and 60-odd boutiques pack this see-and-be-seen district. www.lasolasboulevard.com



Top right: Fort Lauderdale curtailed the spring-break madness, but still knows how to party. This April it hosted the inaugural Tortuga Music Festival, which paired headliner Kenny Chesney with raising awareness of marine conservation (www.tortugamusicfestival.com). Above: YOLO attracts chic visitors and local professionals unwinding after work with contemporary American cuisine. Left: A bootcamper limbers up on the beach.