



Get a move on with an activity-filled vacation

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When I was a kid, this was my summer routine: get up, grab a quick bowl of cereal, play outside until lunch; have lunch, swim at the local park district pool and play outside until dinner; have dinner, play outside until it was either dark or when the decibels of my mother's "Get in here, now!" even shook the alley cats; fall soundly to sleep after 10 hours of gleeful activity.

What part of the human body gets the most exercise at this edge of the 21st century? That would be our fingers -- typing madly at the Blackberry, laptop or iPhone -- and the kids working the Xbox controller in order to virtually "play" basketball, soccer or football.

Make a pact to leave all the plug-ins at home during the next trip, and the bodies will want to get out and do what they were meant to: move. The family vacation is the ideal time to kick-start a more-active lifestyle.

Historic Aspen, Colo., is all about outdoor recreation year-round. When the snow melts, opportunities abound for hiking, camping, mountain biking, climbing, fishing, horseback riding, kayaking, white-water rafting and paragliding amid the spectacular natural scenery.

A wonderful way to jump into family activity while on vacation is to take advantage of the Fit Family Summer Package at the Gant, a condominium resort at the base of Aspen Mountain.

The family receives an Aspen-area scavenger hunt map upon check-in that lists a series of items children and adults need to collect from designated places throughout town during their stay at the Gant.

With souvenir pedometers fixed firmly to your hips, you'll explore the area in interesting, active ways and make a game of it (which kids will love). Activities include visiting the Hallam Lake Nature Preserve and Learning Center at the Aspen Center for Environmental Studies and walking the half-mile nature trail (be sure to write down five facts you learned on this visit); taking a photo when biking one of Aspen's most popular bike trails; getting some inside information from your guide on a river-rafting adventure; and even stopping for a snack at the Popcorn Wagon in the heart of downtown Aspen.

Bring items back to the main reception desk for a Gant surprise and check pedometers to note which family member logged the most steps.

The Fit Family Summer Package includes: three nights' accommodations in a two-bedroom condo; scavenger hunt map; half-day bike rental for four; half-day rafting for four (lunch

included); souvenir pedometer for each family member; and an activity conversion that converts the time spent on a non-walking activity, such as biking and rafting, into steps.

Package rates start at \$1,245 based on quad occupancy between June 1 and Aug. 29 (rates vary depending on travel dates; certain rules, restrictions and blackout dates might apply). Be sure to use the promo code "Fit Family" when you book at (800) 549-0530 or jog over to www.thegant.com.

If you think the family is in need of a more-targeted fitness getaway, consider a week at Wellspring Family Camp, a place for parents and children to have a great vacation while learning how to bring an active lifestyle back home.

Camp, based at the historic golf resort of Pinehurst in the sand hills of North Carolina, is a flurry of activities, sports, games, nutrition and culinary classes and cognitive-behavioral therapy classes with Wellspring behavioral coaches.

While the kids are swimming, sailing or participating in a croquet tournament, parents can learn successful strategies for bringing a healthy lifestyle home, work out in the fitness center or enjoy tae kwon do, yoga or Pilates, play tennis or beach volleyball, kayak or canoe. Golf eight world-class golf courses and take a lesson at the Pinehurst Golf Academy or spa at the only Mobil four-star-rated spa in a three-state region.

Some activities are designated for the entire family, while others are for campers only -- but everyone wears a pedometer to work up to or meet a goal of around 10,000 steps per day (about four or five miles of walking). It's camp, after all, so expect campfire singalongs, talent show night, movie nights and more.

Meals at Wellspring Family Camp include wholesome, tasty entrees as well as unlimited amounts of uncontrolled foods at each meal such as fat-free yogurt, fruit and vegetables, homemade soups, fat-free tuna, egg salad and cottage cheese. You will have a session with a culinary instructor in a Pinehurst kitchen so that the family may continue the Wellspring program at home.

Camp tuition includes one room per family (rooms accommodate up to four family members) or, for an additional fee, a second room may be arranged. For details, go to www.wellspringfamilycamp.com or ring (866) 364-0808.