

Fitness expert
Tara Gordon
hits the beach at
Baha Mar



BRINGING WELLNESS HOME

A TRIP TO THE BAHAMAS PRE-COVID TAUGHT SOME LESSONS THAT ARE COMING IN HANDY THESE DAYS

Ah, the pre-COVID days, when I flew to the Bahamas to experience a swanky wellness retreat hosted at the luxury resort Baha Mar. It was a heady three-day weekend “working” with editors from Goop and Byrdie; enjoying full moon ceremonies with shaman Fernanda, who flew in from Rosewood Mayakoba; and daily Pilates workouts with **TARA GORDON**, owner of New York City’s 212 Pilates.

This over-the-top weekend experience gave me an arsenal of tools that have helped me survive these past several months. Baha Mar isn’t set to reopen until October, but Tara’s

wellness is thankfully not Bahamas-specific. So this month’s travel section takes you to a place of better body balance.

Working at home is not new to a writer—this is our sweet spot. The rest of the world has just joined us here in introvert land. But not leaving the couch? That was new to all (well, most) of us. After about six weeks of our new mandate to stay home, I could not lift one of my legs without searing and excruciating pain. I reached out to Tara for some help, and she’s become my virtual coach saving my body and my mind.

Tara sees many clients who are struggling

with newfound pain. Many of us have traded in ergonomic office chairs for overstuffed sofas or chairs not meant for eight-hour days. Some have taken the opposite tack, deciding that all work will be done standing. Both can cause problems. Tara explains that posture is one of the biggest issues of working from home. “We naturally sink into our less-supported joints. It’s relaxing, and we don’t have to think about it or overcompensate. People with back pain develop more back pain, tight hips, neck, shoulders and so on.”

So, I asked Tara for some advice on keeping our bodies healthy and pain-free.

CONTRIBUTED



SIMPLE ADVICE ON ENSURING BETTER BODY BALANCE

No need for fancy equipment, a subscription, Pilates knowledge or even workout clothes to get started.

While at Baha Mar, Tara wove in exercises throughout the retreat, to the point I wasn’t even sure that we were working out. One day we did small muscle exercises while wading waist-deep in the reflecting pool. The next we used the sand itself as a resistance tool to work our legs while on the beach (who knew you could do leg lifts with a bottle of rosé?). We even stretched fully dressed before dinner with elastic bands and small balls. I learned that exercise should be a part of your entire day, not just a one-hour class or gym workout.

CONTRIBUTED

Working out to a video is fine, but without occasional check-ins with a qualified instructor, you can do more harm than good. Just because they say “you’re doing great” from the TV or computer screen, it doesn’t mean you are. “Whether it’s a one-on-one or a small group Zoom, you want to work with a teacher who is teaching movement, not just instructing choreography,” says Tara. “The teacher can choose the most beneficial moves based on the specific body types. One-on-one sessions take this a step further, because the session is tailored to your specific imbalances and needs, combined with your individual goals.” Go to 212pilates.com for a list of small group classes or to schedule a one-on-one.

Remember to breathe. It seems like this should be the one thing we are good at, but we aren’t. And for anyone who has COVID, or has had it, 212Pilates has created a free program called 212Breathe. According to Tara, “People suffering from this virus need mindful breath, and so do people experiencing anxiety. The simple act of deep breathing can decrease stress, reduce depression and lower heart rates.”

INVEST IN 2 SMALL ITEMS

Improve your work-from-home life



1

A **stability disc** for seated work will encourage proper posture.

2

Pinky ball (yes, the fun, super-high bouncy ones) to roll out your feet. You’ll be amazed at the stress you hold in your feet and the full body benefits of rolling them out.



Tara leading a group class at Baha Mar last fall

go



SMOOTH OPERATOR

TOYOTA PACKS A LOT OF WONDER INTO ITS NEWLY SHARPENED CAMRY

BY CHRIS HODENFIELD

Your reviewer has parked plenty of high-priced rides in his driveway. Some neighbors have actually wondered what's going on. The thing is, when manufacturers send us cars for review, the vehicles are often maximized, optioned-out grandees.

The question today, however, is: What can you get in today's basic stripped-down sedan? A lot, it turns out. The sedan arena is actually a competitive place for manufacturers, and some beauties have come our way. Toyota, for instance, took its drab-looking

Camry and wrapped it in svelte and swoopy styling. It is now no disgrace in the driveway.


And it could be in that driveway a long time: 200,000 trouble-free miles out of a Camry is nothing. The basic four-cylinder is smooth, surprisingly strong and outrageously thrifty. It averages 32 mpg, and on long highway cruises expect up to 44 mpg. And this is a normal engine without any kind of hybrid assist. Opt up for the slightly more expensive hybrid edition and you will see mileage in the 50s. Toyota just has this way of taking ferociously

advanced technology and making it seem ho-hum normal.

Toyota now has about seventeen versions of Camry to choose from. The sleeker, optioned-up XSE has a muscular 301-horsepower V6. An all-wheel-drive version, a first for the Camry, is about to hit the showrooms. And go-faster people who prefer sinister styling and taut handling moves can muscle into the TRD edition.

Even the modest LE can be taken round a spirited turn with confidence. While the stripper model has a full range of safety features, some customers will want

to move up to better, leather seats, NAV, satellite radio, and all those goodies.

The Camry has surely come a long way in its thirty-seven years of existence. And as any owner will tell you, it's going to go a long way, too. 

STATS

TOYOTA CAMRY LE

Drivetrain: 203 hp 2.5-liter 4 (Optional hybrid or V6). Front-wheel drive.

Base price: \$25,000

EPA mileage ratings: 28 city/39 highway

CONTRIBUTED

WHEN PEOPLE WISH FOR THE COMFORT OF A DEDICATED, KNOWLEDGEABLE AND TRUSTED FAMILY, THEY THINK OF ONE NAME
GRAZIANO



WHEN PEOPLE WISH FOR THE COMFORT OF GREENWICH'S MOST SPACIOUS, MODERN AND BEAUTIFULLY DESIGNED FACILITY WITH IMMEASURABLE COMFORTS PROVIDED, THEY GO TO ONE PLACE

HAMILTON AVE

For it is there where you can turn in life's most difficult moments and expect a level of service beyond compare. It is there where your trust can be safely placed.

COXE & GRAZIANO FUNERAL HOME

The Family, The Facility, The Commitment to You

For locations and more information, visit WWW.COXEANDGRAZIANO.COM