

FIT BRITS

HEALTHY LIVING AT LONDON'S 45 PARK LANE HOTEL

BY AMELIA PAVLIK

A sampling of in-room exercise DVDs, yoga mat, plus complimentary bottles of juice and water in the honor bar. From the moment I set foot in my room at Dorchester Collection's 45 Park Lane and spied these items, I had a feeling there was a fit and well stay in store for me.

This Mayfair neighborhood hotel places a priority on appealing to the health-conscious traveler, and has done so since opening its doors in September 2011. Read on to find out why you should consider 45 Park Lane for your next visit across the pond.

ROOMS WITH A VIEW

A panoramic view of Hyde Park—that's what initially caught my eye when I walked into my huge (especially by British standards) room. Like all of the 46 rooms and suites, including the penthouse at the hotel, it faces the park, which is located just across the street. But it's not just the views that spoil you. The clean and contemporary room design is accented with art deco influences and appointed with high-tech amenities such as an iPad and goodies like the aforementioned complimentary juice and water. The bathroom features both a marble soaking tub (I'm a sucker for a great bathtub) and a freestanding shower, along with a television screen integrated into the vanity mirror. Actually, I was so content with my room that I was tempted to never leave.

WORKING ON YOUR FITNESS

Obviously, the park is the perfect spot for a morning jog or an evening bike ride on one of the Brompton bicycles

LONDON CALLING: THREE FITNESS TRENDS TO TRY

Looking to kill some calories Great Britain style? Here are a few ideas straight from the 45 Park Lane team on what to try the next time you find yourself bound for London:

BARRECORE. Check out the barre class trend sweeping London—a low-impact, full-body, interval training program that incorporates isometric exercises and stretching. Find one-hour classes in Cavendish Square, just minutes from the hotel (www.barrecore.co.uk/mayfair).

TRACK CYCLING, OLYMPIC STYLE. Head to the Olympic Velodome—which opened to the public following the 2012 Olympics—for indoor track cycling. Caters to all levels from beginners to elite (queenelizabetholympicpark.co.uk/the-park/venues/lee-valley-velopark).

ONCORE. Try the indoor cycling class that feels more like you're at a nightclub than a spin studio. You'll be treated to high-energy classes filled with cheering, high fives and a sweet soundtrack (www.oncorelondon.com).

For more information about 45 Park Lane, visit www.dorchestercollection.com/en/london/45-park-lane.





that are available to hotel guests. But if that famous London drizzle keeps you inside, you've got plenty of exercise options right there in the hotel. First, you'll find the Fitness Studio (open 24 hours a day) on the first floor of the property, stocked with the cardio and resistance equipment you'd expect to find in a well-equipped hotel gym. There's also yoga programming available on your in-room TV (which explains the yoga mat I found in my room). And U.K. fitness guru Matt Roberts has created five in-room fitness videos for your exercise pleasure. Studio Suite guests can even take advantage of a complimentary consultation and one-on-one training session with a qualified trainer from Roberts' team. Each session will cover a personalized nutritional and fitness regimen that caters to the individual fitness needs of the guest.

JUST SAY "SPAAAH"

After you've worked up a sweat in the park or your room, head over to the spa at 45 Park Lane's sister property, The Dorchester, located right up the street. There you'll find a menu of treatments designed to relax and rejuvenate. The spa, which was renovated to its current chic state in 2009, specializes in treatments ranging from facials to manicures and pedicures. There's also an aromatic steam room and fully equipped fitness center (complete with toys such as a BOSU® Ball) for guests to enjoy. I'd recommend the 55-minute aromatherapy massage, which made my muscles so very happy after the long flight and hours of pounding the pavement to see all the sights that London has to offer. Last but not least, check out The Spatisserie where you can grab a light lunch or a glass of champagne—in your robe, which I loved.

FOOD FOR THE FIT

When your belly is ready for a meal, head to Wolfgang Puck's first restaurant in Europe, CUT at 45 Park Lane. CUT serves up breakfast, lunch and dinner—with plenty of options for the healthy minded. For example, the morning menu features wholesome choices such as a seasonal farmers market fruit salad and an egg white omelet with spinach, tomato and asparagus. (And if you want to splurge, consider ordering from the in-room menu.) For lunch, I loved the salad varieties—the Japanese BBQ salmon salad with pickled veggies, avocado and a citrus ponzu was my favorite pick. Finally, CUT's dinner menu is literally a "cut" above the rest. From Wagyu beef to a Bigeye tuna tartare, there is a dish to please every palate. And if you're looking to splurge after a day of bike riding in the park or sightseeing in the city, 45 Park Lane has you covered. My recommendations? Try the warm dark chocolate soufflé at CUT, or finish the evening with a signature cocktail such as the Duke of Earl (which incorporates a tea-infused gin) at the hotel's Bar 45. It's the perfect end to a lovely London day. AF

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