

Take a Vacation and Lose Weight Along the Way

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THE RANCH AT LIVE OAK, MALIBU, CALIF.



Losing weight, as we all know, is one of the hardest, most unpleasant things anyone can do. But if you're going to do it--or if you're simply trying to kick-start a fitness regimen--why not do it in paradise? Whether you're looking for a hardcore, boot camp type experience or a program that will teach you about long-term weight loss, there's something for everyone. Here are seven of our favorite places to work out in paradise.



Rachel Weil/Montage Laguna Beach



The Ranch at Live Oak, Malibu, Calif.

If you think it's impossible to hike five hours in the morning, lift weights and do yoga for three hours in the afternoon, subsist on 1,500 calories of raw, organic food and no caffeine—guess again. Not only will you leave the two-year-old Ranch at Live Oak feeling stronger, tighter, firmer and more energized, but you'll be amazed at what you and 15 of your new best friends can accomplish. Sure, the no-options fitness program is a little intimidating (yes: the trainers will track you down if you miss a class), but by the end of seven days you, and your waistline, will thank them. Trust us. (And the daily massages are truly a blessing.) Cost: \$5,600 per week, per person. Call 888-777-2177.



The Ranch at Live Oak/Malibu