

9 Healthy Places to Help You Keep Your New Year's Resolutions

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9 PHOTOS



In need of a reboot to start 2016 off right? Here are some destinations around the world that offer interesting paths to physical, emotional, and professional wellness in 2016. *This article was originally published on December 30, 2014. It has been updated with new information.*



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The Ranch at Live Oak Malibu

This retreat, perched high in the hills above Malibu, prides itself on its "results-driven" programs. Kick 2016 off in high gear with a week-long fitness and wellness immersion, which includes eight hours of exercise (yes, eight) every day. (Hiking, yoga, and ab work are all part of the package.) The program is rounded out by a menu of delicious (yet somehow super-healthy) food.

Courtesy The Ranch at Live Oak