

# R H A P S O D Y

December 2016

## Cate Blanchett on Broadway

“Theater should be dangerous.”

### 'Tis the Season

Your holiday gift list, sorted

### Buen Provecho

Mexico's new culinary  
hot spot: Los Cabos

### We're Jammin'

In Jamaica with the man who  
brought reggae to the world

UNITED 

A STAR ALLIANCE MEMBER 



**Hoka One One Clayton**

"I recently purchased Hoka's new 'speed' shoe, the Clayton. If you're a runner, this super-lightweight shoe has a softer heel for protection and a firmer forefoot for speedy push-offs."  
 \$150, [hokaoneone.com](http://hokaoneone.com)

**Brookstone Shiatsu Foot Massager with Heat**

"I've run a minimum of 15 miles per week for over 10 years. My parents gave me this as a gift last Christmas, and it has been a real game-changer." \$250, [brookstone.com](http://brookstone.com)



**Woodway 4Front Treadmill**

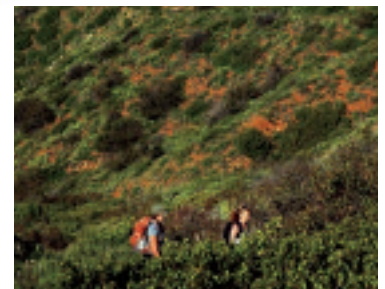
"This state-of-the-art piece of machinery is incredibly easy on the joints and frequently used by physical therapy clinics around the country. It's a much better alternative to running outdoors, and it's as safe as running on an actual track." \$10,650, [woodway.com](http://woodway.com)



**FOR THE FITNESS FANATIC**

**Joey Gonzalez**

Celebrity trainer and CEO of Barry's Bootcamp, the popular (and insanely calorie-burning) treadmill and strength-training workout class



**A Weekend at The Ranch Malibu 4.0**

"A true fitness/wellness immersion—you can expect to eat well and exercise, all while connecting with nature. The program is comprised of four to five hours of group hiking, core and ab work, weights, daily group-yoga sessions, private afternoon massages Monday to Friday, a daily nap, and more." \$3,900, [theranchmalibu.com](http://theranchmalibu.com)

**The Sleep Revolution by Arianna Huffington**

"This book takes a really fascinating look at the many facets of sleep and how it impacts our culture, including commentary from yours truly on the importance of sleep as related to fitness." \$16, [amazon.com](http://amazon.com)

