

am NEWYORK

HEALTH

amNY's winter wellness guide

With a new year often comes a renewed prioritization of our health. From joining (or rejoining) a gym to trying a post-holiday detox to setting intentions, January is a time for fresh starts. With that in mind, here's our guide to wellness this season.



A turkey rainbow bowl will be served at Clean Slate Café.

APPLGATE

1 Eat a free Whole30-approved meal

Chances are, you or someone you know is resetting for the new year by following the Whole30 plan. For three days this month, you can try to score a compliant meal on the house.

The Clean Slate Café, a collaboration between Whole30

and Applegate Farms, will serve meals and snacks that follow Whole30 guidelines (that means no grains, legumes, dairy, alcohol or added sugar).

The menu will feature cauliflower rice or kale-based bowls, collard wraps, chili and more

using Applegate bacon, burgers and hot dogs, Primal Kitchen dressings and condiments, Vital Farms eggs and Kettle & Fire bone broth.

Other brand partners include Spindrift and CHOMPS.

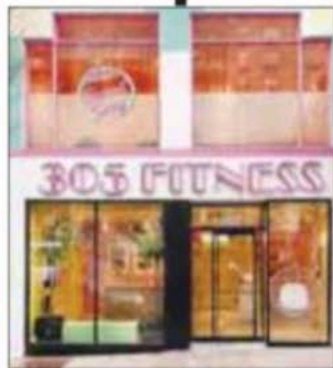
The pop-up will run Jan. 23-25

from 11 a.m.-3 p.m. and 4:30-6:30 p.m. at 446 Broadway in SoHo. Tickets for reserved times are sold out, but walk-ins are accepted.

For more information, visit whole30.com/the-clean-slate-cafe.

(MEREDITH DELISO)

2 Get transported to Miami at the studio



PATRICK CLINE

For its third NYC studio, following locations in midtown and Greenwich Village, the dance cardio studio 305 Fitness is really channeling its Miami roots. The brand teamed up with interior designer Sasha Bikoff for its new Upper East Side spot, with a design that is inspired by Miami's Ocean Drive landmarks. That translates to bold, bright colors throughout the space,

terrazzo tile flooring, custom wallpaper, pink glitter patent leather banquette seating and more. The studio itself also features the brand's standard nightclub vibes, with flashing lights and live DJ. The studio is located at 1440 Third Ave., an area that's becoming a bit of a boutique fitness hub, with outposts of SoulCycle, Y7, Bode NYC and Rumble nearby. (MD)

booze-free creations using nonalcoholic alternatives like the cocktail brand Curious Elixirs and the spirit Seedlip.

For the month of January, Lower East Side restaurant The Fat Radish has once again partnered with Seedlip for a special nonalcoholic cocktail list, with several wellness-infused drinks (\$11/each) using one of Seedlip's three spirits and ingredients and garnishes like turmeric honeybush tea, aquafaba, bee pollen and CBD oil.

- .75 oz. Red rooibos honey cordial (brew 4 cups red rooibos tea and combine with 4 cups honey)
 - 1 bar spoon D'Anjou pear vinegar
 - 10 mL, CBD oil
 - Honeycomb (garnish)
- Stir ingredients. Strain into Nick & Nora glass. Garnish with honeycomb. (MD)

SHANNON STUBBINS