

The Gorgeous Skin Issue!

SHAPE

Jillian
Strong
Inspiring
Epic!

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meals
22 Fresh ideas

50+
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beauty
tips

Flat,
healthy
abs
News, science,
real results

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ways
to

live healthy
travel

WOODSTOCK, VERMONT

The Woodstock Inn & Resort

Considered one of the most charming towns in the United States, Woodstock really comes alive in warm weather. The lush Green Mountains serve as the backdrop to covered bridges, quaint country stores, and the majestic white Woodstock Inn & Resort (rooms from \$290 a night, woodstockinn.com). After checking in, walk or bike to nearby Billings Farm & Museum, a working dairy farm (\$14 for adults, from \$4 for children; billingsfarm.org). Sign your kids up for the five-day Junior Farm Vet Camp, where they'll learn to care for the farm animals (about \$390). You can also spend a couple of hours touring the two-and-a-half-acre organic Kelly Way Gardens, where the inn's chefs source the produce that will later make an appearance on your dinner plate. To work up your appetite for the farm-to-table feast, play tennis or take a dip in the saltwater pool.

FARMLAND FUN

Meet the cows at Billings Farm. Enjoy organic vegetables, berries, and honey from Kelly Way Gardens.

