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NYC Lifestyle

Summer Health & Wellness

Whether you join an exercise class, head out for a meal made with fresh ingredients or take a brain break at an art exhibit, there are countless ways for you to positively impact your health and wellness. We've put together a list of different activities you can do before summer ends to maintain and inspire your wellness goals.

Physique57 Power Sculpt

Check out [Physique57](#) Power Sculpt for workouts that combine strength training, cardio and stretching with high intensity, low-impact sequences. These workouts are perfect for all levels of fitness and are available as [virtual classes](#), [outdoor classes around the city](#) or in-studio classes at their [Spring Street location](#).

Waterfront "Backyard" Rentals

Relaxation is a major pillar of wellness. If you're looking for space to spread out your picnic blanket and bask in the sun, consider [renting a "backyard" on the waterfront at Pier 17](#). The mini yards can hold up to eight people and provide the perfect space to hang out. There are larger yards available to play outdoor games like cornhole and bocce ball.

Give Your Face a Workout

Jade rollers and ice facials have been trending in the wellness and beauty space for quite some time. If you haven't jumped on board yet, consider trying out these sculpting face "workouts" that lift and sculpt your facial muscles and increase circulation and collagen production. Check out one of [FaceGym's](#) Manhattan pop-up locations.

Van Gogh: The Immersive Experience

You can now escape the busy city streets and step into an interactive work of art at the [Van Gogh Immersive Experience](#) in Battery Park City. Open through October, the exhibit harnesses state-of-the-art projection mapping to create a room-sized experience for patrons of all ages. [Reserve your tickets online](#) in advance.



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Get Inspired, Watch the Olympics

What better way to get inspired and get moving than by watching some of the greatest athletes in the world compete in the Tokyo Olympic Games! The games kicked off with the opening ceremony last week but there's still plenty to watch. Cheer on Team USA at [one of these NYC spots](#) like Clinton Hall or Boxers HK or tune in to NBC at home. Check out the official schedule [here](#).

Atla's Refreshing Aguas Frescas

The [menu](#) at NoHo's hot and healthy Mexican restaurant, [Atla](#), offers a modern take on Mexican-Central American dishes that has garnered the attention of some of the world's leading food critics. The restaurant is led by Chef Daniela Soto-Innes who in 2019 was named the World's Best Female Chef by the same group that names the World's 50 Best Restaurants. Standout selections include the fruit-infused Agua Frescas, traditional, non-alcoholic beverages that are perfect on hot summer weather.

The Class Summer Series

It's great to be able to participate in group fitness classes once again! We recommend you try The Class from Taryn Toomey, a former high-powered executive turned yoga and wellness coach. These 60-minute workouts repeat one move per song and encourage participants to connect with each part of their body through movement and thoughts. [Sign up for a Summer Series class at Top of the Rock](#).

Salt Room Therapy

For something different, head over to a mineral-rich, Himalayan pink salt room which offers a relaxing experience and major holistic benefits. Salt rooms are growing in popularity among people with a variety of health issues including skin conditions and respiratory ailments, as well as for the salt's antiseptic properties. Check out [Montauk Salt Cave](#) in the East Village or [Modrn Sanctuary](#) in NoMad to see for yourself.