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The Transformative Power of Wellness Weekends

For women over 50, locations featuring healthy food, fitness and spa options are all about self care

By [Marcea Cazel](#) | July 29, 2024 | [Travel and Adventures](#)

In a world where wellness is often equated with a particular way of looking and participating in 'the right' exercises, women over 50 are redefining this concept. By seeking out unique and unconventional experiences and locations, women can take wellness beyond the typical and transform their mind, body and spirit journeys.



From one-on-one training to group trips to walking through favorite cities, these distinctive getaways provide many opportunities for rejuvenation and fitness, no matter a woman's fitness level. Embracing alternative paths can help women over 50 discover that true wellness can be as diverse and enriching as their life experiences.

Getting Prepared for a Wellness Weekend

Preparing for a wellness weekend involves thoughtful steps to ensure a rejuvenating and enjoyable experience. Start by packing comfortable, breathable clothing suitable for various activities, such as yoga and [nature walks](#). Also, pack a swimsuit if you're heading to the beach or if the hotel has a sauna or pool. When planning the weekend, schedule activities that fit your comfort level. Going overboard won't make you fitter and could cause injuries if not done correctly.

"If an individual has not been regularly committed, a weekend can light the fire and reinforce the significance of a consistent wellness routine."

Ensure you have all your medications and supplements but remember that this wellness weekend isn't just about your body. Bring a good book, journal or even your favorite pillow to help relax. Set a clear intention for your weekend journey, and, if traveling with friends, communicate your goals with each other.

According to Lara Heimann, physical therapist and founder of [The LYT Method](#), wellness weekends, either as a group or individually, are more impactful for women over 50 because

the trip can be a tangible example of prioritizing self-care and health. It can also be a steppingstone to living a healthier lifestyle.

"As women age, it is often conveyed that we can expect to not move as well or as gracefully. On the contrary, a movement practice that includes mobility, [strength](#), and balance training becomes even more important," said Heimann. "And when performed with consistency, older women can maintain and even improve their functional performance. If an individual has not been regularly committed, a weekend can light the fire and reinforce the significance of a consistent wellness routine."

Recommended

Imagine a Community Focused on Wellness

We found one crisscrossed by freeways on the edge of downtown Tampa, Florida

Another thing to consider when planning a wellness weekend is food and drink. According to the founder of [The Helpful Dietitian](#), Jessica Freeman, diet can directly impact the energy levels of women over 50. She said that by following an anti-inflammatory diet and drinking plenty of water, women in perimenopause and menopause can boost energy levels.

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"Our body's thirst sensor diminishes with age, so waiting until you're thirsty is not a reliable method of staying hydrated," said Freeman. "It's best to drink water throughout the day versus squeezing in (cups) before bedtime to avoid having to wake in the night to use the restroom."

An anti-inflammatory diet includes plenty of vegetables, fruits, nuts and seeds, unsaturated fats, whole soy, and seafood, all of which help women reach fiber and protein levels. She

also suggests women eat minimal amounts of lean animal protein and dairy products.

Many women relax with a glass of wine, especially while away for the weekend. Freeman says it's best to minimize alcohol consumption for overall health. But she said if women choose to consume alcohol on their wellness journey, it's best to keep it to one drink per day and no more than a few per week.

One crucial tip Heiman suggested to keep the wellness journey going after returning home is to use the weekend as motivation to keep the routine up. She suggests writing down future goals and memories of the trip to refer to, along with having an accountability buddy, possibly someone you took the trip with, to offer support when needed.

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Ready to start on the road to better sleep, muscle strength and mental wellness? We looked at three cities you might not have associated with wellness, along with an adventure tour group to help get your wellness journey started.

New Orleans

Where to Stay

While there are plenty of places to stay in New Orleans, staying somewhere close to the action without being directly in the thick of things could be a great option. For a high-end, pampered stay just one block west of the French Quarter, consider [The Roosevelt New Orleans](#). A historic hotel with a grand entryway, the hotel has several restaurants along with the Waldorf Astoria Spa New Orleans. One of the most famous spas in town, it offers visitors a full fitness center with a Peloton bike and luxurious treatment options.

Things to Do

When you think of wellness, New Orleans probably isn't even in the first five places considered. However, there is so much more to New Orleans than just Mardi Gras and brandy milk punch.

Consider running or walking along the beach first thing in the morning while it's quiet.

While large, the city has some very walkable areas where you can get in plenty of steps. Head to the [New Orleans Museum of Art](#) (NOMA), where exploring its permanent collection of 40,000 objects offers mental and physical exercise. The museum has a cafe that provides plenty of healthy food choices. Also located at NOMA is the Sydney and

Walda Bestoff Sculpture Garden. The sculpture garden is 11 acres, free to enter and features more than 90 sculptures by renowned artists. It's a great place to stroll and relax among mature live oaks and pedestrian bridges.

Visitors should also consider taking a walking tour of the Garden District to see the historic homes and landmarks. Afterward, head to the lower Garden District for a more structured wellness adventure at [The Spyre Center](#). The center is a unique wellness and healing facility that offers various services promoting physical, mental and spiritual well-being. Guests can participate

in therapies such as yoga, meditation, acupuncture, dry floats and an infrared sauna. The center also has a cafe onsite that offers healthy bowls, snacks and smoothies.

Clearwater Beach, Florida

Where to Stay

With spectacular beach views, the [Wyndham Grand Clearwater Beach](#) is a perfect location for women to rest on wellness weekends. With large balcony rooms, onsite restaurants and morning yoga classes, the hotel helps guests get into a wellness mode as soon as they walk in the door.

Another excellent reason to choose this hotel is its unique four-hour beach fitness experience. Run by [1Team Fitness](#), this program is exclusive to the Wyndham Grand Clearwater Beach. The day begins in the morning, completing beach exercises with a personal trainer. After a walk down the beach to grab a smoothie, it's on to the next activity: kayaking, [paddleboarding](#) or riding a bike over the Clearwater Causeway. Then, participants cool down and still have the rest of the day to lie by the pool or see the sights. Whether participants sign up for one day or four, it helps give a jump start on getting in shape. The hotel also has worked with 1Team Fitness to offer menu options at their restaurant Ocean Hai to ensure meals are well-rounded and nutritious.

Things to Do

Clearwater Beach offers plenty of outdoor opportunities for wellness activities. Consider running or walking along the beach first thing in the morning while it's quiet. The waters of the Gulf of Mexico offer an excellent chance for cardiovascular exercise while swimming or snorkeling. The beach also has plenty of public volleyball nets. Or head down the street to the [Clearwater Marine Aquarium](#) for a 2-hour guided kayak tour to see the animals and ecosystem of the area. When the day is over, view a spectacular

West Florida sunset from Pier 60, located next door to the Wyndham Grand, to help round out an active day.

Madison and Kohler, Wisconsin

Where to Stay

Fly into Madison to start a wellness weekend in Wisconsin and stay at [The Edgewater](#). Overlooking one of the two lakes in the city and within a stone's throw of both the State Capitol Building and the University of Wisconsin-Madison, the hotel allows guests to walk anywhere needed. The hotel's spa offers plenty of signature treatments in a relaxing environment while its fitness center, while small, has modern machines and overlooks the lake.

The village of Kohler is less than a two-hour drive from Madison. Founded as the company town for the Kohler plumbing company, the city has three hotels at different price points: The American Club Resort Hotel, Inn on Woodlake and the Kohler Cabin Collection. Also located in the village is the famed Kohler Waters Spa. Known for luxurious, water-centric treatments and premier service, the spa offers traditional treatments, relaxing saunas, and cold plunge pools.

Things to Do

[Madison has multiple spas](#) in addition to the one at The Edgewater. When not enjoying a spa, visitors have plenty of opportunities to enjoy the lakes by renting kayaks or taking sailing lessons. There are also 12 beaches to enjoy during the warmer weather months. The downtown area is very walkable to see the sites or grab a bite to eat.

**"We foster a
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Known for its walking and biking trails, Kohler offers many things for visitors to enjoy. A short car drive is Kohler-Andrea State Park, which has over eight miles of hiking trails. Golders have their choice of two

**and our deeper
selves."**

courses designed by Pete Dye. Guests at The American Club or Inn on Woodlake can also purchase a pass to River Wildlife. Members-only and not

open to the general public, this club offers 500 acres to explore and enjoy river fishing, hiking, or cross-country skiing and snowshoeing during the winter months.

Root Adventures

For women looking for specially curated retreats, attending a trip hosted by [Root Adventures](#) may be the answer. Founded by Breanne Kiefner in 2018, Root Adventures is dedicated to creating transformational group travel experiences framed by its Four Pillars: Sustainability, Equity and Inclusion, Mindfulness, and Community.

Kiefner believes that generational diversity is often overlooked in American society. Having hosted travelers from their 30s to over 75, the company welcomes those of all fitness levels. While their backpacking trips require carrying a 40-pound pack, there are also other trips, such as a glamping safari in Baja or art and cultural immersion in Central America.

Root Adventures tours are often open to all genders (there are some select tours for women only), but Kiefner understands the importance of women building connections with other women.

"When I started this business, I was enduring postpartum depression. I had an uphill battle and knew I couldn't do it on my own, so I committed to meeting a new woman every day," she said. "This simple rule helped remind me that opportunity for connection is abundant. These women helped give me the strength to truly find healing. Our trips are essentially the same thing - we foster a connection to nature, community, and our deeper selves."



Marcea Cazel is a freelance travel writer who loves writing about culturally immersive travel. Whether finding murals or attending festivals, learning more about local life is always on her to-do list. A contributor to publications such as TripSavvy, Tinybeans and Hop Culture Magazine, she's been traveling her entire life, with her first international trip taking place before her 1st birthday. When not writing or traveling, she enjoys kayaking, hiking in the state parks and relaxing at one of the craft breweries in her area. [Read More](#)

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