

I start to undo the holiday excess with twice weekly visits with the best trainer ever...Aron Kohler at Results Personal Training on Miles Road.

BECKY

Days always start better with a workout. Join me at Planet Fitness in Rocky River every morning for a great workout!

NICK

Acupuncture First is in a gorgeous new space and gives great therapeutic massages customized to your issues and feedback.

NICOLE

I like to begin each new year with a little "me time" like a mani-pedi at Très Chic Salon and pick up a chai tea at Starbucks for the ride home.

KIM

Praxis Fiber Arts in Waterloo Arts District hosts community yoga on Sunday mornings. Student yoga teachers offer free classes in a light-filled gallery surrounded by looms.

MAEVE



NEW YEAR'S RENEWAL

RELAX AND REJUVENATE AFTER THE HOLIDAYS.

The Cleveland Botanical Garden greenhouse is full of life! The bright colors, vibrant exhibits, and gorgeous butterflies are a fun way to escape the cold and kick off the new year.

JODY

Getting a breath of spring in the dead of winter helps recharge the batteries and The Rockefeller Park Greenhouse is a great (and free) place to refresh.

MICHAEL

Hiking in the Cleveland Metroparks with my pup. Wildwood Park is our favorite quick hike - it has a combination of trails, wooded-areas, and beach.

EVIE

After the holidays, I like to get a spa pedicure at Spa West to relax and dream of a warm weather getaway from winter.

RACHEL

When I need to escape and relax, a movie theater is usually where I go. During award season, I try to check out movies at Cedar Lee Theatre or Capitol Theatre.

ANDREW

Spending an evening at a Cleveland Play House production offers a great theater experience and great food for thought.

MARIANNE

A visit to Blue Hen Falls in Cuyahoga Valley National Park followed by Mitchell's Ice Cream purchased from Trail Mix is a favorite treat.

BOB

Bikram Yoga at Bikram Yoga Cleveland. It's more intense than hot yoga and more restorative.

LENORA

There is no better way to de-stress than lifting weights. And there is no better place to do that than at Old School Iron Gym - it's a 30,000-sq.-ft. fitness playground!

MICHELLE

HOW WE SEE CLE IS A MONTHLY SERIES SHOWCASING THE UNIQUE PERSPECTIVE AND KNOWLEDGE OF THE CLEVELAND LEADERSHIP CENTER STAFF.