



COURTESY OF THE GEORGIA DEPARTMENT OF ECONOMIC DEVELOPMENT

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**BEST MASSAGE THERAPIST
FERNANDO LANDAZABAL**

THE LOWDOWN: Looking for a knowledgeable massage therapist with stamina? Look no further than Landazabal, who's mastered the deep-tissue head-to-toe massage—which lasts a mesmerizing 105 minutes at Bliss Spa.

THE BASICS: 45 Ivan Allen Jr. Blvd. in the W Atlanta-Downtown. 404-582-5800. www.blissworld.com.

THE RUNNER-UP: Mack McLester at Natural Body Spa & Shop

**BEST YOGA CLASS
JAI SHANTI**

THE LOWDOWN: From strength and balance to breath and flexibility, this yoga class does it all—and centers your mind at the same time.

THE BASICS: 1630 DeKalb Ave. NE. 404-370-0579. www.jaishantiyoga.com.

THE RUNNER-UP: Kashi Atlanta

**BEST JOGGING TRAIL
FREEDOM PARK**

THE LOWDOWN: Six miles of trails make this intown park, the largest public park in Atlanta, the best place to jog. Created in 1992 from condemned land set to be a freeway, Freedom Park is the perfect green

space for enjoying the city's great weather and getting some much-needed exercise.

THE BASICS: 404-817-6813.

www.freedompark.org.

THE RUNNER-UP: Piedmont Park

**BEST DIET FOR ATLANTANS
WEIGHT WATCHERS**

**BEST HIKING TRAIL
STONE MOUNTAIN**

THE LOWDOWN: Featuring 15 miles of hiking trails, including the famous 1.3-mile trail to the top of the mountain, this is the place to get your hike on. The stone may be hot and hard on your knees, but the view at the top makes it all worth it.

THE BASICS: 770-498-5690.

www.stonemountainpark.com.

THE RUNNER-UP: Kennesaw Mountain

**BEST BIKE RIDE
SILVER COMET TRAIL**

THE LOWDOWN: This 61-mile paved path starts in Smyrna and ends at the Alabama state line. Shaded by numerous trees and wide enough to fit several bikers side by side, it attracts everyone from families with kids to lovers looking for a quiet place to ride.

THE BASICS: www.silvercometga.com.

THE RUNNER-UP: Anywhere but Atlanta!