

Miami

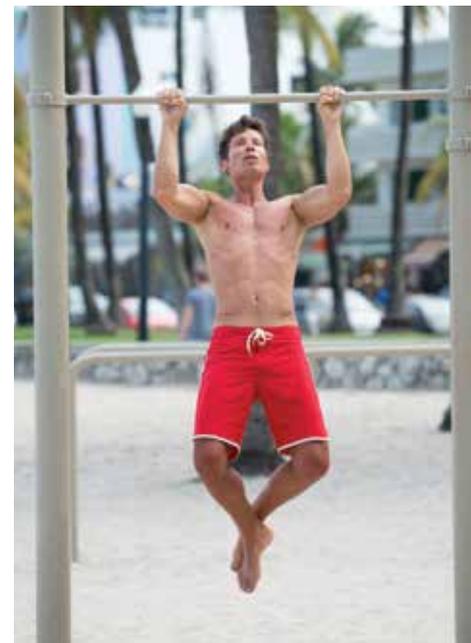


ADAM COLBERG

Personal Trainer

His clients include television personalities, business moguls and even teenagers who want to build their self-esteem to ward off bullies. Westport native Adam Colberg's been in the business of getting people into the shape of their lives for twenty years. Working out with Colberg is more than just strength training, hoisting kettlebells or boxing with him. It's an hour of motivation from a high-energy former Marine who actually makes sweating fun, thanks to his relentless encouragement and great humor. So where does he go when he needs motivation? Not to a woods-shrouded wellness retreat for deep contemplation and Spartan cuisine. Colberg heads to Miami's glitzy South Beach, "an international city," he says, "that feels like an adult playground."

Luxury, Miami style, at the Delano South Hotel, mixing mid-century and contemporary influences



Clockwise from top: Ocean Drive's bright lights; get running along the walkway along Miami Beach; working out on along the boardwalk; The Alcove at the Delano is bathed in crisp white, billowing curtains, and offers amazing views

1 ART-DECO DREAM

That's how Colberg describes the iconic **Delano Hotel** on Collins Avenue, his favorite place to stay. You might remember the splash this oceanfront hotel made when it opened in the 1990s under Studio 54 co-founder Ian Schrager. Last year, the hotel, now owned by the **Morgans Hotel Group**, got a facelift from designer Phillippe Starke, who created an indoor/outdoor lobby and assembled an international collection of furniture and art, but preserved the hotel's famous infinity edge pool and its reputation for drawing celebrities. Colberg says once he checks in, the vacation feels "surreal," as "life slows down." He relishes Sunday nights on the patio, where you can hear "seductive sounds" spun by the city's best DJs.

2 BEST WORKOUTS: BEACH AND BOARDWALK

Dancing to a DJ might burn calories, but the beach at **Ocean Drive and 9th Street** is where Colberg heads for a quick workout on the boardwalk's

pull-up, dip and monkey bars. He also likes to run along the boardwalk from the Delano down to **South Pointe Park** in Miami Beach. "It's a magnificent setting for a run." Colberg recommends sunset as the best time, when "the lights on **Ocean Drive** light up the horizon in art-deco fashion." He adds that it's as if "the city breaths for you, as you focus on your run." If you want to take your workout a step further, Colberg recommends a training appointment with his mentor, renowned boxing coach Luis Lagerman at the **Sobekick Gym** in Miami Beach. "He's even better than me if you can imagine that!" he jokes,

explaining he works out with Lagerman to "re-energize as a trainer."

3 CHURRASCO!

While Colberg enjoys a healthy breakfast of granola, yogurt and fresh-cut Florida fruit at the bustling twenty-four-hour **News Café** on Ocean Drive, his dream dinner is at the **Texas de Brasil Churrascaria** on Alton Road in Miami Beach. "Because I'm a fan of Latin culture and my wife is Brazilian, there's no better place than this steakhouse for a healthy and satisfying meal." He says their churrasco is "the tastiest steak I've ever had."

4 GETTING THERE IS NO WORKOUT

Another reason Colberg loves South Beach is its easy access. He usually visits between January and March, flying JetBlue out of Westchester. »

