

Excessive underarm sweating?
Find a treatment that works for you.

Find Out How



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July 15, 2009

To Your Health

Summer 2009 Health and Wellness Guide



Blame it on the vodka. The Henny. Or on your sun-soaked, bad summer habits. Get a move on with some fun, local feel-good tips.

Take Baby Steps

New local shoe co. [Kigo](#) creates the perfect solution to the live/work/if-I-break-another-stiletto-walking-to-work-I'm-gonna-scream dilemma. The foldable, packable shoes are perfect for cyclists and city dwellers alike (Intown Bicycles, 1035 Monroe Drive; 404-872-1736). [MAP IT](#)

Nip, Don't Tuck

Lift classes and training at Tammy Stokes's [West Coast Workout](#) studio are incentive not to go under the knife. Book a seat at one of her in-house gourmet dinners/lifestyle workshops for healthy food pointers, hilarious anecdotes, and healthy chocolate shakes.



Give a Little Bit

Saturdays this summer, [Urban Body Studios](#) instructors lead drop-in 8 a.m. classes to benefit the Atlanta Children's Shelter. (Through August 29 at [Piedmont Park](#). Donations accepted in lieu of class fee. For info, call 770-710-0243.



Be a Teas

Take in more than the moody lighting, mirrored columns, and glam chandelier work at Lumen, the brand new bar at [The Ritz-Carlton, Atlanta \(Downtown\)](#). The fresh iced tea spread comes with a twist in

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the form of açai pomegranate, Marrakesh mint, and orange jasmine mango with tufts of cotton candy. (Not agave nectar. But it beats the heck outta boozin', right?)

Ready, set, go.

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