



Fun and Fit

Laugh • Learn • Exercise • Live

[Home](#)

[About Us](#)

[Fun & Fit Blog](#)

[Fun & Fit Radio](#)

[Fun & Fit Products](#)

[Hire Us](#)

End of Summer Trip to Rancho la Puerta

by [Fun And Fit](#) on SEPTEMBER 6, 2012 in [DIET, NUTRITION, FOOD AND EATING, EXERCISE, FAMILY FITNESS, FASHION AND FITNESS, I WANT TO BE SMARTER, I WANT TO EAT BETTER, I WANT TO FEEL BETTER, I WANT TO LOOK BETTER, I WANT TO LOSE WEIGHT, I WANT TO REDUCE PAIN, VIDEO, WALKING, WEIGHT AND FAT LOSS](#)

Alexandra Williams, MA

A Spa Stay is the Perfect Way to Spend a Few Relaxing Days

We went to Rancho la Puerta spa in Tecate, Mexico last weekend, not to teach, but to hear author Dr. John Ratey speak about his book “Spark.” Have you heard of [Rancho la Puerta](#)? We’ve been going there as guest fitness instructors and presenters since the mid-80s, when Kymberly was first hired to teach fitness for them as part of the cruise ship staff.

The Ranch staff know how much Kymberly loves [Dr. Ratey’s research and book](#) about the [link between exercise and the brain](#) (more from Kymberly in an upcoming post about her dream-come-true experience of meeting Dr. Ratey, who is very droll and excellent company), so they invited us to come down while he was a presenting guest. Try to feel our pain, as we had to choose every hour between lectures, [massages](#), pool classes, group [fitness classes](#), hikes, meditation, and eating [organic, vegetarian food](#). Yeah, exactly. [Don’t hate me because I’m beautiful](#) (trivia: did you know that Rancho la Puerta: Golden Door has a long history with Pantene?)

Actually, our pictures can show you some of the beauty that is the Ranch.



Breakfast is my favorite morning meal



[Kymberly](#) [Alexandra](#)

[Pinterest](#) Alexandra [Pinterest](#) Kymberly

[Instagram](#) Follow @alexandrafunfit

[Instagram](#) Follow @kymberlyfunfit



[Subscribe by RSS](#)

Subscribe by Email:

Delivered by [FeedBurner](#)



The Ranch Kitties Participate in Meditation



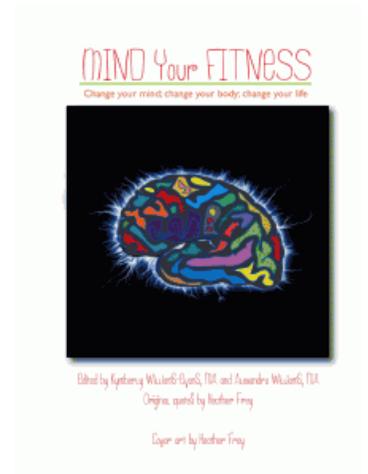
These are just the "extra" Daily Activities



Look Ma, I'm Lounging



Forced to Relax in the Great Outdoors



Edited by Katherine Williams, PhD and Alexandra Williams, PhD
Original quotes by Heather Frey
Cover art by Heather Frey

Search...





In a Spurt of Energy, I Moved My Lounging over to the Pool

Thank you [LongSailSports](#), for the cool goggles and GELIE bag! Perfect timing for this trip!



The Daily Quotes are Great, and I especially Love the Squirrel

I dedicate the picture above to [John Poole](#), as he has a tremendous love for squirrels and their antics.



Dreams Do Come True: Eating with new Pals, including John Ratey



I'm Such a Plankster!

Did you know there are many activities you can do when you are (still) recovering from foot surgery? I even took a water class, then did laps, right after 3 miles on the bike and a mile on the treadmill. I was ~~awesomely awesome~~ somewhat nauseous afterward!



I Melted the Pool Water 'Cause I'm so Hot!



These Are Your Glutes on Ranch Fitness!

I was so gracious; I let them use my glutes as the model for these male torso sculptures.



The Butterfly Door at the Rec Center

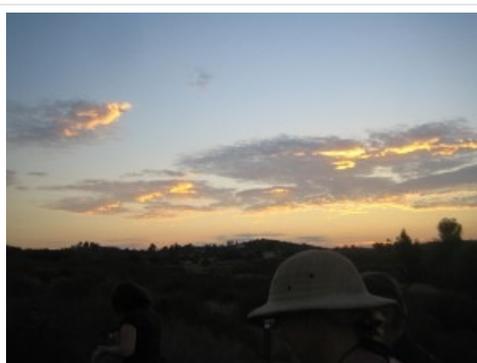


My bedroom! Not really; it's the Library Lounge



My mind is a Labyrinth (so are the ground and the sculpture)

Every day at the Ranch, I was asked about my compression leggings and socks by [Zensah](#). You don't have to have foot surgery to be a fashionista, by the way!



Sunrise during the Breakfast Hike to the Organic Garden & Kitchen

Yes, I woke up at 5:45 to take the morning hike to the organic garden and [kitchen](#) for breakfast. But look at

the picture below and you'll see that it was totally worth it!



The Only Place at the Spa with a Secret Stash of Chocolate
Chip Muffins



La Cocina que Canta: You Eat Where the Food is Grown

Before Kymberly left town to visit her daughter at college, she made this [short video](#) that has some gorgeous views of the Ranch. Take a look.

By the way, if you are considering a trip to the Ranch, don't listen to the dire warnings about Mexico. Rancho la Puerta is only 43 miles east of San Diego, and about 2 miles over the border at Tecate. You are escorted the entire way in the Ranch shuttle and you never have to leave the spa (although we lots of people like to go into town for pinatas, chocolate, wine, lard-based donuts)!

Have you ever gone to a spa? What did you like best about it?

We want to give a shout-out here to our friends at [Mr. Steam](#). They had nothing to do with our trip to Rancho la Puerta, but they do offer us the same feeling of spa luxury with their products. We're proud to be ambassadors for them!

Be Sociable, Share!





About Fun and Fit

We bring accessible, accurate, achievable advice to people seeking a healthier life through exercise. We have taught, written, edited, presented, spoken, mentored, and lived fitness for almost 30 years, and want to share our knowledge and love with you! Little steps turn into big paths. Move a little more than the day before.

[View all posts by Fun and Fit →](#)

Subscribe

Subscribe to our e-mail newsletter to receive updates.



Related Posts:

- [Spark Your Brain with Exercise](#)
- [Tips to Look Super Cool and Totally Hot on Camera](#)
- [Back Stretches: Wrong and Right Way Tips](#)
- [How Yoga Can Help Your Mind](#)
- [Finding Neutral Spine](#)

[aerobic activity](#), [calories](#), [cardio](#), [Diet](#), [Exercise and fitness](#), [FitFluential](#), [fitness](#), [food](#), [hiking](#), [injury](#), [losing weight](#), [mind/body](#), [relaxation](#), [spa](#), [stretching](#), [video](#), [walking](#), [workout](#), [workout wear](#)

[← How Yoga Can Help Your Mind](#)

[Back Stretches: Wrong and Right Way Tips →](#)

12 Responses to *End of Summer Trip to Rancho la Puerta*



[Tamara](#) September 6, 2012 at 12:46 pm #

Next time I sooo want to come! Now that the kids are back in school, my schedule can be cleared for trips with friends...

Thanks for sharing, girls!

Tamara recently posted.. [Tips for teaching fitness classes for older adults](#)

REPLY



[AlexandraFunFit](#) September 6, 2012 at 12:49 pm #

Now THAT would be so fun. And...you can apply all on your own to be a guest instructor. We'll put in a good word for you. You'd even be able to bring your hubby (or a friend). We'll have to find a girls to RLP opportunity!

AlexandraFunFit recently posted.. [Finding Neutral Spine](#)

REPLY



[John Poole](#) September 6, 2012 at 2:56 pm #

That looks like a pretty amazing and fun place....and thanks much for the squirrely luv!



Say, if you had more dedicated planksters, maybe you could form a human bridge, parallel to the wooden one. It's just a suggested. Only I want to be there when you do it!

Thanks for sharing all the photos...glad you all had such a good time!

~Pooley

REPLY



AlexandraFunFit September 6, 2012 at 5:02 pm #

Say, John, great idea. Did you just volunteer to be the middle of the bridge plankster? You'd better hope there aren't rocks in the creek below. Or water! And yes, we had a total blast.

AlexandraFunFit recently posted..[Bicep Curls: Wrong & Right Way](#) ❤️

REPLY



John Poole September 13, 2012 at 7:25 am #

Actually, I'm volunteering to be one of the human bridge testers. See? I'm willing to take my life in my hands by walking over your backs...er, I mean the top surface of your bridge...to ensure its integrity! 😊

REPLY



christieo September 6, 2012 at 6:56 pm #

WOW! I love how you can plank anywhere!! You're a very versatile planner indeed!

That trip looks divine. I drooled the entire post.

christieo recently posted..[The Car Line Chronicles](#) ❤️

REPLY



AlexandraFunFit September 8, 2012 at 2:29 pm #

hahaha, yes, I do like to find odd places to plank. My best ever was on top of our backhoe. That was our post on planking, so I had to be innovative! Don't drool until you actually go there!

AlexandraFunFit recently posted..[Bicep Curls: Wrong & Right Way](#) ❤️

REPLY



Alison @ racingtales September 6, 2012 at 7:09 pm #

I need to get me to a spa! Forget all these marathon and half Ironman weekends! I love that you used the word droll...one of my favorites and definitely not used enough. The food looks delish...now I'm hungry.

Alison @ racingtales recently posted..[Don't Exceed Your Word Count](#) 

REPLY



[AlexandraFunFit](#) September 8, 2012 at 2:30 pm #

Now we know that you're a secret word lover too. Yes, I always like an excuse to use words such as "droll, frivolity" or "gallivanting." Those are such happy words.

AlexandraFunFit recently posted..[4 Fitness Grammar Mistakes](#) 

REPLY



[Debbie @ Live from La Quinta](#) September 7, 2012 at 6:39 am #

I am giggling at your last paragraph because I was remembering my only visit to Rancho la Puerta. It was a mom and daughter trip with my mother (I was about 12, so that makes it, well, that makes it a looonnnngggg time ago). Let's just say I know that the Ranch has been around more than 40 years.

Anyway, I don't remember a whole lot about the trip, but I do remember that after a couple days eating only healthy food, my mom simply had to sneak into town. Her treat of choice was Tecate beer.

Debbie @ Live from La Quinta recently posted..[Wednesday Workout: Yoga Moves to Make You Stronger](#) 

REPLY



[AlexandraFunFit](#) September 8, 2012 at 2:31 pm #

Well, I learned that you can only get true Tecate beer in Tecate, because the water they use in the U.S. is different. And there's something about the recipe. Maybe the soil too, that gives it that special flavor. Hmmm, now I'm thirsty.

AlexandraFunFit recently posted..[Push-Ups: Right & Wrong Way](#) 

REPLY

Trackbacks/Pingbacks

[Spark Your Brain with Exercise | Fun and Fit: Laugh, Learn, Exercise, Live!](#) - September 17, 2012

[...] we were seated for dinner next to none other than SUPERSTAAAAH, Dr. John Ratey. If you read Alexandra's post from August 2012, you'll know we drove 6 hours to the ranch specifically to hear Dr. Ratey speak in person. After [...]

Leave a Reply

Name (required)

Email (will not be published) (required)

Website

Submit Comment



Notify me of followup comments via e-mail