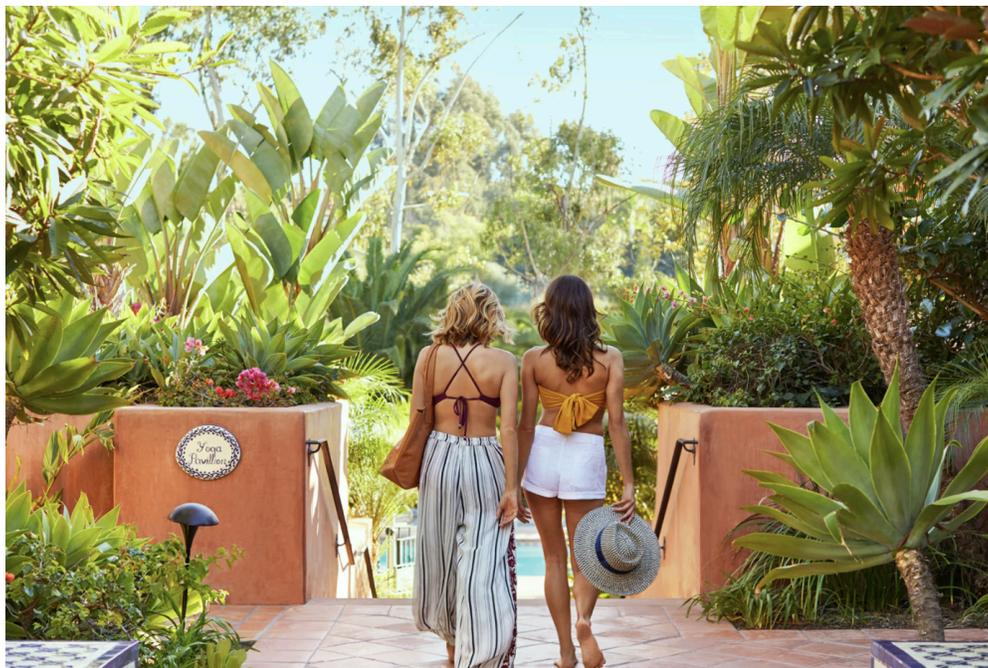


BRIT+CO

5 Gorgeous Resort Getaways To Kick Off Your 2026 Goals

Eat, play, love.



When I returned from two weeks in Italy, my first thought at breakfast was, 'Wait... where's my cappuccino and sugary donut?' It's not something I'd reach for at home (I actually don't drink coffee), but when you're traveling, all rules are off the table and new rituals emerge. And honestly? I don't regret a single daily donut. Indulging is part of the experience, and sometimes that's exactly what a trip is for.

But as we head into a new year, many of us are ready to turn over a new health-and-fitness leaf, and travel doesn't have to work against that. In fact, it can be one of the best ways to support your goals instead of sidelining them.

These destinations make health and wellness part of the adventure, and somehow, they make sticking to your 2026 goals feel like the most fun option.

Rancho La Puerta Tecate, Mexico

Spanning 4,000 acres, Rancho La Puerta is a nature lover's dream, with guided hikes and trail runs that wind through wildflower meadows, oak-lined river basins, and up into the boulder-strewn landscapes of Mt. Kuchumaa, where every mile feels like part workout, part meditation.



Whether you're a seasoned runner or simply love to move, Rancho La Puerta offers a wide range of ways to stay active at your own pace. Guests can explore rolling hills and scenic mountain trails on guided walks, hikes, or runs, or join structured clinics and low-impact fitness classes designed to build strength, endurance, and confidence.



Restorative wellness offerings, like aerial yoga, help your body recover and reset. It's an easy, inspiring way to travel with intention and stay aligned with your fitness goals.