

Or head to **Century Lanes** (478 East 16<sup>th</sup> St., Holland), which offers all you can eat pizza and all you can bowl bowling for \$10 per person. Shoe rental not included. *By Mitchell Terpstra*

## Healthy Date

There will be no boxes of chocolates and candy hearts this Valentine's Day for you and your date. Instead, romance will be conjured by a healthy dose of vitamins, minerals and endorphins. Just because health nuts don't indulge in the traditional Valentine's Day sweets, doesn't mean they can't have their own V-Day treats.

Start off the day with an **EcoTrek Fitness** (various West Michigan locations) workout. Rain, sun, snow, or falling birds, these 75-minute outdoor workout sessions battle the elements in the name of healthy heart rates. You and your Valentine can work out together for \$11 on Valentine's Day, and there will be partner-type workouts in honor of the day.

"It's not restricted. Bring your best friend, sister, or brother. 'Be my Valentine' doesn't necessarily mean you have to be cohabitating," said Cari Draft, founder of Ecotrek, and leader on the lakeshore. "Last year we did it and it went really well."

Sign up at [cari@ecotrekfitness.com](mailto:cari@ecotrekfitness.com).

After your workout, stop by **Harvest Health Foods** (4150 32<sup>nd</sup> Ave., Hudsonville; 1944 Eastern Ave. SE, Grand Rapids; 6807 Cascade Rd. SE, Grand Rapids) to load up on protein powder to dump into your homemade recovery smoothie.

Conclude your day with a nutritious meal at **Salt of the Earth** (114 East Main Street, Fennville). Order a Tasting of the Fall (\$16) with local root vegetables, butternut, local apple, ricotta, and quinoa, or a salmon and spinach salad (\$12.75) with feta, local egg and olive. *By Lindsay Patton-Carson*