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ALESSA MILANO: SINGLE AND AVAILABLE [p. 75]

Men's Fitness

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HUGHES
TAKES ON...



Machines vs. Free Weights

(Which Works Better?)

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Get Fit for Ski Season

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The Holiday Workout

[That Still Lets You Party!]

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NBA Star Bruce Bowen's Yoga Secrets

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555
WAYS TO BE FITTER THAN EVER!



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Best in Snow

WHEN YOU'RE NOT SWOOSHING DOWN THE TRAIL THIS WINTER, REFUEL IN THESE HOT SKI-TOWN EATERIES | **By Kelly Carter**



MICHAEL'S ON THE HILL | Waterbury Center, Vt.

Before heading to the nightclubs in nearby Stowe, take a few minutes to grab a feast inside this circa-1820 farmhouse. Although you can't go wrong with anything on the menu, the wild king salmon and the pasture-raised Angus beef tenderloin must be tried to be believed. **michaelsonthehill.com**

MONTAGNA | Aspen, Colo.

Tucked inside the ritzy Little Nell hotel, Montagna serves delicious fare with ingredients grown on executive chef Ryan Hardy's farm. His meal of choice: the giant T-bone with salsa verde and braised farm kale, although the pasta (made fresh daily) with braised wild boar is a close second. **thelittlenell.com**

350 MAIN | Park City, Utah

You don't have to count calories to appreciate the fact that 350 Main's dishes come prepared in portions resembling what you're actually *supposed* to be eating at mealtime. Our favorite: the beef tenderloin served with wild mushroom sauté and potato-Gruyère croquettes. **350main.com**

CRISTINA'S RESTAURANT | Ketchum, Idaho

Popular for breakfast, lunch, and Sunday brunch, Cristina's draws a wide assortment of locals, tourists, and Sun Valley jet-setters who can't get enough of the always great roast chicken and smoked trout. Don't see what you want on the menu? Order it anyway. That's what the locals do. **208-726-4499**