

DAILY CANDY



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The Heat Is On

Go Outside and Play: DailyCandy Fitness Guide



Is your carpal tunnel syndrome due to excessive TV remote use? Has the *Two and a Half Men* hiatus left an irreparable void in your life? Do you have more cable channels than Facebook friends?

If you answered yes to any of the above, step away from the

boob tube and into the sunshine. Here, the city's best alfresco workouts to kick-start your transition from couch potato to outdoor fitness fiend.

Survivor

While tourists park themselves around Catalina's harbors, hard-core hikers take a short ferry ride to the island for a four-day trek on the 37.5-mile [Trans-Catalina Trail](#). On an untouched nature preserve with pristine canyon views and lush flora and fauna, the trail is home to wildlife ranging from bats to bison (descendants of those abandoned on the island after a 1920s film shoot). For camping reservations, go to [visitcatalinaisland.com](#).

Hawaii 5-0

Get a surf-and-turf tune-up at the weekly Sunday-morning [Yoga Surf Camp](#) in Ocean Park. [Exhale](#) yoginis will loosen you up with some outdoor vinyasa before [Aqua Surf School](#) instructors lead you into the swells for tubular tubes and deadly drops. Boards and wet suits are provided. Begins June 19 and runs through Labor Day. Call [310-450-7676](#) to reserve a spot.

How I Met Your Mother

Beef up your social circle and your throwing arm with [DogDaze's](#) beach bocce and corn hole leagues. The seven-week leagues meet every Wednesday on the Marina Del Rey shore for sunset matches before heading to a bar for Corona-fueled team bonding. Sign up solo or as a group online at [thedayofgames.com](#).



Mr. Ed

For a sophisticated sweat, book a lesson with the [Centaur Polo Club](#). Owner and former pro Ernest Darquea will teach you the basics of the so-called sport of kings. Don't know your way around a saddle? He'll show you the ropes there, too. Your mallet awaits.

Photos: Bob Rhein / Courtesy of Catalina Island Conservancy; Courtesy of The Day of Games

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Are You Ready for a Head-to-Toe Close-Up?

Try new [Dove® VisibleCare™ Crème Body Wash](#), the formula that restores skin's natural moisture for visibly more beautiful skin in just one week. See the proof during a commercial break in the *Dancing with the Stars* season finale (Monday, May 23, 8/7c on ABC), when real woman Kristi Herman debuts her new moves and beautiful skin thanks to dance training from Season 10 professional dancer Damian Whitewood, confidence coaching from actress Jennie Garth, and, of course, Dove® VisibleCare™ Body Wash. Go to [dovecloseup.com](#) to learn more, [enter for a chance to win Dove® VisibleCare™ Body Wash](#), and watch Kristi's training experience.



[Learn seven targeted exercise moves from Tracy Anderson in our how-to videos.](#)

