

Your Best Winter Vacation Ever

Going out of town this winter? Whether it's to enjoy the slopes or escape to the tropics, we have story ideas for your viewers, readers, or listeners.

Contact us for exclusives, your particular needs, and last-minute ideas.

For the snow

How to get ready for the slopes

The best gear at the best prices

On the go: Exercise equipment you can take with you

Get ready to go: Balance, coordination, and other exercises to minimize injury, maximize fun

Romantic and healthy winter getaways

Top places to learn to ski after 40

The slopes: Not just for skiing anymore

Visuals

Demonstrate exercises that prepare you in advance

Demonstrate gear, clothing

Show what equipment, such as stability balls and exercise bands, can pack easily

For the sun

Best places to bicycle this winter

Save your vacation: Choose the right rental bike

Bike/Beach Vacations: Make everyone happy with these destinations

Find a court wherever you are: Tennis on the go

From couch to beach: Tips to warm up safely for your vacation activities

Out for the day: What to take with you for safety and fun

Visuals

How to spot a problem bike

What every emergency kit should have

What to pack, what to rent