



**New York Smash Healthy Lifestyle Trends** - What's hot and what's not this summer in the Hamptons.

<b>HOT</b>	<b>NOT</b>
Soft Serve Fruit Co. all-fruit dessert in Water Mill	Frozen yogurt or ice cream
Going to a vineyard to enjoy a wine tasting	Going to a club and ordering vodka club soda
Chopped watermelon salad	Salad with sliced apples

Feeling happy that you had something yummy and reminding yourself that tomorrow is a new day	Feeling guilty about what you ate
Switching up your work outs, trying new exercise classes and activities	The same work out routine every time
Sipping fresh coconut water from a real, young coconut, sold at Provisions in Sag Harbor	Packaged or manufactured coconut water

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