

Special Advertising Feature
WESTCHESTER AND FAIRFIELD COUNTIES

City-style amenities complement the fresh air

A HEALTHY MIND AND BODY ARE EASY TO CULTIVATE IN THIS ENVIRONMENT

By **Tonie Auer**

Finding a home today goes beyond the cost of the property: it's also about aesthetics, and even the commute to work. Many consumers today demand all the pieces of the wellness puzzle in their hometowns, searching for innovative ways to look at fitness, diet, inner peace, and maintaining a healthy lifestyle for both mind and body.

"Many of the people moving into the Westchester and Fairfield counties are coming from the New York City metro area, so they're demanding amenities like they have in the city to complement the space and fresh air," says Bernadette Haley, a broker on The HCH Team at Julia B. Fee Sotheby's International Realty in Irvington-on-Hudson.

"They're looking for farm-to-table restaurants, fitness and spa facilities, as well as access to good health care, and all of these things can be found along the

"THE OUTDOORS ALSO PLAYS A ROLE IN EMOTIONAL AND PHYSICAL WELLBEING."

Hudson River," Ms. Haley says.

The number of farm-to-table restaurants continues to grow, says Ms. Haley, some of them having emerged from the plethora of farmers' markets—of which there is typically one in every community now.

"People want to know where their food is coming from," she points out.



The HCH brokerage team.



This house in Irvington is a 38-minute commute from New York City.

EMOTIONAL PEACE

In addition to the diet aspect of a wellness attitude is the move to achieve both fitness and emotional peace—and some of these goals can be accomplished simultaneously, she says.

Yoga studios are popping up around the villages, for example, and fitness centers featuring exercises classes and cycling are also easy to find.

"All of the villages have fitness studios and some even have inter-village programs," Ms. Haley says. "Beyond fitness, there is a sense of growing the mind, which can be done through classes [ranging] from dance to photography or languages."

The outdoors also plays a

role in emotional and physical wellbeing, she adds. There are plenty of opportunities for exercise along the Hudson River, with yoga on the beach in some towns, as well as plenty of hiking and biking trails.

A state park near Sleepy Hollow in Mount Pleasant features more than 1,400 acres ideal for strolling, jogging, horseback riding, cross country skiing, and snowshoeing, Ms. Haley says. Guests can also fish, hike and go sledding, making it a year-round activity haven.

The locations are plentiful, she stresses. Westchester County's bicycle and fitness trails, for instance, are open year-round with paved bicycle

and pedestrian trails, as well as trails for hiking, mountain biking, and horseback riding.

There's also the Old Croton Aqueduct State Historic Park, which extends from Van Cortlandt Park at the Bronx County/City of Yonkers border all the way to the Croton Dam in Cortlandt.

When it comes to caring for the physical self, health care is another important aspect, Ms. Haley says. There are plenty of new freestanding urgent-care facilities in each community, along with some well-known medical centers in Sleepy Hollow and West Harrison, bringing state-of-the-art medical care to the area.



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