



THE WEEKLY RUNDOWN - 10/24/19

Here's what's happening in San Diego.

Halloween is just around the corner, and whether you're planning to get spooky or silly this holiday, San Diego has all the treats (and none of the tricks) in store for you. Between new healthy haunts and exciting events, you'll be balancing out all of the candy and cocktails in no time.

👉 Emily, Fitt San Diego Local Contributor

♥ ILYSM, Cafe Gratitude

I love a good post-workout meal, and I love it even more when that meal gives back. This week, everyone's favorite vegan hot spot, **Cafe Gratitude**, **partnered with Jaden Smith to create the I Love You Bowl**. Even better, every ILYB purchased provides a free meal from the [I Love You Restaurant food truck](#) to those living on Skid Row in LA. If you aren't already sold, the bowl is packed with roasted yams, maple Brussels sprouts, fresh veggies, black rice and quinoa, garlic tahini, smashed avocado, and fresno chili. Make your way to the eatery to give thanks and do some good while you dive head-first into this fall-flavored dish.

🍣 Feast On This

[Sweetfin's](#) new [Kismet Bowl](#) is *off the hook*. **The fishy foodery partnered up with Kismet's Sara Kramer for a special charity bowl to benefit F.E.A.S.T.**, a non-profit created to help families live healthier, more nourishing lives. The poke bowl is packed with albacore, harissa yogurt and more for a modern Mediterranean twist. Swim over to the [Westfield UTC](#) or [One Paseo](#) spots soon, the bowl is off the (fish)market at the end of the month.

😓 A Bit Of A Stretch

[StretchLab](#) is coming for those of us that always say, "I'll stretch more when I get home" at the end of their cycle session or bootcamp. Guilty as charged. **This soon-to-open Hillcrest studio (tucked conveniently between [Row House](#), [CycleBar](#) and [CorePower Yoga](#)) is making sure we actually limber up** through one-on-one assisted stretching and flexibility training classes. Visit their [website](#) for discounted memberships before the space officially opens its doors. In the meantime, I'll be over here trying to navigate my foam roller.

🍷 Brunch So Hard

ICYMI, [Lagom Food](#) is baking—er, making—the world (or, La Jolla to start) a better place. The cafe opened its doors last month, and I am here for it. **The small, photogenic restaurant is the stuff of Instagram dreams and serves only real, whole foods** that will leave you wondering how soon is too soon to pay it another visit. The menu is packed with indulgent cheesecakes, baked goods, and lattes that don't break the nutrition bank. Perfect for treating yourself to a guilt-free Halloween sweet!

🥗 Lettuce Celebrate

Did you know that the city has been upping its salad game since August? [Mary's Gourmet Salads](#) is tossing the green game on its head with fresh, delicious ingredients delivered straight to your door, so you can stay healthy on the go. Ready for the best part? **The salad spinners are prepped to open a few storefronts in 2020.** Any takers for bets on the first location?

🙏 Nothin' Like The OG

There are few things as powerful as conscious breath and movement, and [OG Yoga](#) gets that. The non-profit is on a mission to deliver accessible yoga to marginalized populations to support healing, resilience, self-development, and positive social change. **The new Normal Heights studio is in the midst of its soft launch** and is operating on an altruistic membership model that gives classes to those who can't afford them.

📅 Save The Date

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Surfing Madonna Beach Run

Wave hello to your weekend plans, runners. [This North County beach classic's](#) 5k, 10k, and 12k courses travel along the sand, so you're distracted from race pace by the gorgeous view. Oh, and did we mention this epic run holds the Guinness World Record for low tide beach run?

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Free Yoga in the Park

There's nothing quite like reflecting in tree pose surrounded by nature, and you can take in all the woodsy zen during this weekly session in Ruocco Park. Following the [45 minutes of free fun](#), continue lounging under umbrellas, sip on fresh brews and snack on street food from San Diego Food Markets.

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lululemon x Wilderness

This is an adventure you don't want to miss! Lace up your hiking boots and join lululemon and the Wilderness Collective for a [seven-mile hike and geocaching hunt](#) at Cuyamaca Peak followed. Head to Julian Beer Company when you wrap up to refuel with pizza and beer.

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Hoppy Yoga

The last Sunday of every month in 2019, Green Flash Brewing Co. is hosting an all-levels yoga class in their tasting room followed by a complimentary pint or flight to replenish all the calories you burned.

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Namaste for Brunch

Stretch into your Sunday with a [lululemon-hosted yoga class](#) among the olive trees at Herringbone La Jolla and then nama-stay for brunch afterward. Tickets include a two-course brunch with your choice of a mimosa or glass of rose.

In Other News

In the Works: Market on 8th in National City

Food halls are all the rage in San Diego, and now National City is hopping on board. South Bay's [Market on 8th](#) is planning to bring you everything from coffee to clothing when they open their doors (hopefully later this year). A couple of vendors I'm stoked on? [Moe Coffee](#) and [Pacific Poke](#). More vendors will be announced over the coming months, so, until then, I'll just be counting down the days until construction is over!

Fabletics, IRL

Make room in your wardrobe — Fabletics's brick-and-mortar shop has arrived. Kate Hudson's activewear line [landed a store in the Fashion Valley Mall](#) so you can officially try on the clothes before you buy. As if we all weren't excited enough, the store is decked out with iPads and technology that act like personal shoppers for us. No more calling out for your friend that wandered off when you were in the dressing room...

Shoutouts

Happy second birthday to North Park's Shop Good! Celebrate by stopping by the wellness store this Saturday, October 26, for your chance to snag a few goodies.

BIG mile markers are taking place at [SPARKCYCLE](#)! Congrats to instructors [Danny M.](#) for crushing his second year for motivating us over the last two years, and to [Morgan C.](#) for celebrating a major bday this week!

Not all shoutouts are sweet. We're saying our sad goodbyes to one of our favorite instructors at [Pure Indoor Studio](#). Sign up for your chance to ride with [Ellie R.](#) before her last class on November 21!

Hit a new PR? Start a new, healthy side hustle? Share your exciting news with us [here](#) for a chance to be featured!