

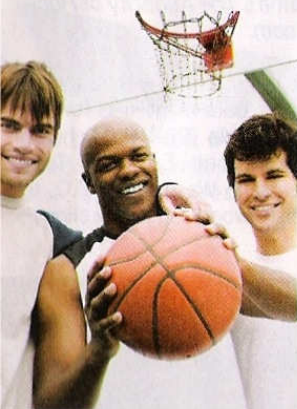


FIT FOR OFFICE

The President keeps a hectic schedule. Luckily for Barack Obama, he's no stranger to staying on the move.

By Amy Kistner

Wake up before the sun, and enjoy fitness in Chicago. Hang out in Obama's stomping grounds, work out, play basketball and explore.



6 a.m. Play a game of basketball—just like Obama—on the outdoor courts at **Foster Avenue Beach** (5200 N. Lake Shore Dr., M5; B4), at Foster Avenue and Lake Michigan. Enjoy the view of Lake Michigan and the city.

7 a.m. Refresh with a quick-yet-healthy smoothie from **Brian's Juice Bar & Deli** (80 E. Lake St., 312-332-3435, M6;C3). They serve up healthy fruit smoothies with real fruit.

8 a.m. Saturday mornings in the summertime, fitness enthusiasts of all kinds come to the lawn at **Millennium**

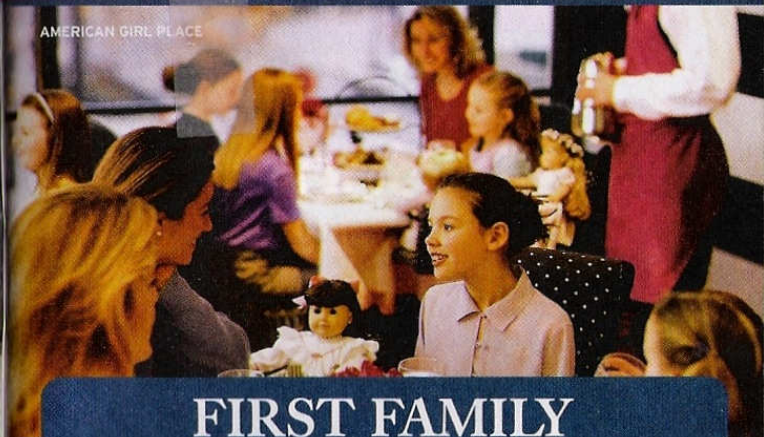
Park (M6; D3, millenniumpark.org) for free fitness classes, including yoga and dance.

Noon Don't spoil all the fitness progress with a heavy lunch. Instead, for a vegetarian/vegan twist, check out **Karyn's Cooked** (738 N. Wells, 312-587-1050, M6; C2, karynraw.com). Karen's offers a variety of meatless options, from light salads to lasagna with spinach and tofu ricotta.

2 p.m. Climb to great heights on the climbing wall at the **Lincoln Park Athletic Center** (1019 W. Diversey, 773-529-2022, M7; L1, chicgoathleticclubs.com). This no-joke climbing experience comes complete with its own hazards.

5 p.m. Check out the Canadian import **Lululemon** (1627 N. Damen Ave., 773-227-1869, M6; L1, lululemon.com) for new workout wear. This boutique specializes in comfortable-yet-functional gym attire for men and women for running, yoga and more.

9 p.m. Burn off any leftover calories at the Latin-inspired club **Religion** (720 N. Wells St., 312-787-2375, M6; C2). Get busy at this top-floor micro-club.



FIRST FAMILY

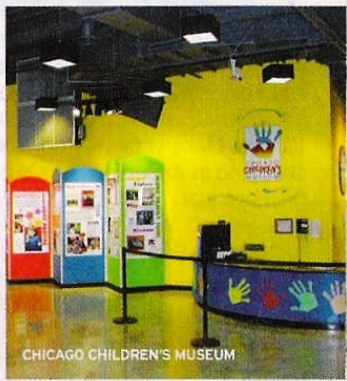
Malia and Sasha Obama are two girls who are a point of pride for Chicago and role models for little girls all over the country.

By Dayna Fields

Visiting a day's worth of Malia's and Sasha's favorites makes for memorable daddy/mommy-daughter quality time.

9:30 a.m. Start off your (Obama) girl's day out with brunch at the American Girl Café at **American Girl Place** (835 N. Michigan Ave., 877-AG-PLACE, M7;O2, americangirl.com). Afterwards, stroll around this newly renovated mega doll store; the Obama girls are often seen hugging their American Girl Dolls.

11 a.m. Head over to Navy Pier, and visit the **Chicago Children's Museum** (Navy Pier, 312-527-1000, M6;C4, chicgochildrensmuseum.org) where you can play with water, paint in the art studio and play in a giant tree house. Or, step over to the nearby **Navy Pier IMAX Theatre** (Navy Pier, 312-595-5629, M6;C4, imax.com/Chicago) for one of their youngster-themed, jump-out-of-your-seat movies.



1 p.m. Next for your young ladies could be a trip to **Russian Tea Time** (77 E. Adams St., 312-360-0000, M6;E3, russianteatime.com). Sit prim and proper while snacking on tea sandwiches and scones.

2 p.m. Malia likes drama and Sasha likes ballet. You can find both fine arts at the **Harris Theater of Music and Dance** (205 E. Randolph St., 312-334-7777, M6;D3, harristheaterchicago.org). This non-for-profit theater focuses on bringing culturally diverse music and dance to the stage. Check out the family-friendly matinees.

4:30 p.m. Take a ride to Hyde Park, where the Obama girls were born and raised. Visit Promontory Point, an Obama family favorite, and stroll this 12-acre, man-made peninsula filled with trees and plants.

7 p.m. Sasha and Malia's favorite foods are fried chicken and macaroni and cheese. Have both at **Mac Arthur's Restaurant** (5412 W. Madison St., 773-261-2316, M5;C3, macarthursrestaurant.com), which serves fine Southern cuisine and soul food.