



THE RADAR REALTY!

BY DREW ARMSTRONG



Left to right: Fresh fruits and veggies are only steps away for residents of Ecco Park. The air is rare inside Nusta Spa. At The Ivy, outdoor square footage and a green roof keep homeowners healthy and happy.

HOME REMEDY *District dens go beyond the gym with on-call nutritionists, cleaner air and easy access to greens*

It's been years since a pile of weights in the basement was enough to make a building "fitness friendly." But as exercise areas gained more square footage in downtown dwellings and amped-up workout spaces became the norm, many locals were left looking for a far more holistic approach to healthy living—delivered, of course, in the same user friendly style as their other condo amenities. What good is a Pilates machine in the penthouse if the only food available to you at the end of your workday is the high-fat French fare from the bistro next door? Can frozen offerings from an in-building grocer, no matter how upscale, really substitute for some fresh veggies? And is it enough to take care of your body if you aren't doing your part for the planet? Hit with queries like these, local developers set to work, bringing the benefits of exercise, nutrition and green living right to owners' doorsteps.

At the posh Residences at the Ritz-Carlton (202.243.1651) the living is easy, and ownership has its privileges, among them special access to the mother of all luxe workout settings, the Sports Club/LA. "You can literally roll right out of bed and go to the Sports Club," says Matthew McCormick, sales associate at Washington Fine Properties. A nutritionist who can offer advice and answers on healthy eating and food choices is on staff—made all the more useful when employed to select from the Ritz's 24-hour room service offerings. You'll never have an excuse for a late-night, last-ditch pizza order again when there's always a salad downstairs.

But other buildings are taking it further, combining a need for fitness with an eco-friendly bent. The SGA Companies' Ecco Park (240.472.7794, www.eccoparkhomes.com)—opening in Takoma Park in 2008—will house 85

condos. Owners will get a lifetime membership in the neighboring organic co-op, meaning low-cost, local farm produce will always be nearby. And residents need only head upstairs to the green roof to work out, where free yoga classes and fresh air can be found. Inside are conservationist countertops made of ice stone, a recycled-glass product created to look and feel like granite. Downstairs will be street-level retail space of about 6,500 square feet, and you can bet something kinder and gentler's going in. "We're not going to have a Starbucks or a Gap or some huge public company," says regional sales manager Neil Xing. "We're going to have small mom and pop stores that support the community." The condos at Ecco Park will run from \$200,000 through \$700,000.

Interest in living green is booming, says David Haresign, of local architecture firm Bonstra/Haresign, which has several new eco-projects in the works. Bonstra's The Ivy (202.588.9373, www.bonstra.com) is a 14-unit condominium in Columbia Heights featuring an interior courtyard and a green roof over the parking area.

Building healthy is good business admits Michelle Moore, of the U.S. Green Building Council, who says developers can get a premium for a green building. And Earth-friendly environments are even expanding to spas. Nusta (202.530.5700, www.nustaspa.com), on 20th Street, employed nontoxic paints and air filters to let clients start livin' clean, and eliminate "sick building syndrome." Even if you're just getting a massage, you'll notice a difference. "As Americans, we spend about 90 percent of our time indoors," says Moore. "You can literally breathe easier in a green space." ■