

America's Healthiest Clubs

Addison Reserve is proud to have received the prestigious America's Healthiest Clubs award from Prevo Health Solutions. Ranking in the top ten percent of all private clubs nationwide, Addison Reserve is committed to further health and wellness for its members and staff.

Executive Chef Zach Bell has introduced numbers of items on our menus that promote a healthy diet. For example, we feature some deliciously healthy smoothies on our lunch menus! All of our smoothies, such as the Eye Opener, the Green Machine, the Berry Blast and the Triple "P" are made from fresh ingredients and no preservatives or fillers. Each of these smoothies contains foods and minerals to boost energy and provide additional health benefits. Other menu items are prepared with organic food items and herbs from our own Chef's garden. Staff members are treated to an array of items for daily meals, including a salad bar and hot entrée specialties.

Fitness, of course, plays a large part in the health and wellness arena, and there are many activities and events in which members may participate to foster continuing good health. "We are privileged to offer our members' services, amenities and programs from some of the most talented staff members in the Club business," says Michael McCarthy, CEO and GM. "Our commitment to a healthier lifestyle will only expand as we continue to introduce additional dining options and innovative programs."