

Lotfi Merabet: Healthy and Happy at 45 PROVINCE

When I was first offered my position at Massachusetts Eye & Ear Infirmary in 2010, I wanted to be able to walk to work each day, and since I lived in Jamaica Plain at that time, I knew I would have to relocate. I considered a variety of other well-known residences in Boston, but 45 PROVINCE really excited me. When I visited, everything just clicked. From an economic standpoint, I knew it would be a wonderful home and investment. Everything from the unit, to the location, to the staff made me confident that this was the right decision for me, and the rest is history.

There are so many things I love about living at 45 PROVINCE, but my favorite amenity is without a doubt the rooftop! When my friends and family come here to visit, I always make sure to bring them up there. The view is breathtaking. You really feel like you are on top of the world! It's awe-inspiring, especially at night when the whole city is lit up and you can see Boston from end to end.

Nothing beats the convenience of 45 PROVINCE for me. Obviously, being able to walk to work was high on my priority list, but I also walk to all of my favorite spots in the city such as the Boston Common, the Public Garden, and Beacon Hill, which are all right outside my doorstep. I love walking into the North End for the great restaurants and through the Open Market in Faneuil Hall, or up to Hillstone's Restaurant, which is another favorite of mine. And what better way to start the day than having both a Starbucks and a Dunkin Donuts so close by.

I also like how Province Street is quiet- so while I'm located in the sweet spot of Boston, it's peaceful at home where it matters most.

Living at 45 PROVINCE has improved every aspect of my life. Being a doctor can be extraordinarily stressful, and in the past I wasn't always taking the best care of myself. Having an exhale mind body spa on site has made me excited about living a healthy lifestyle and taking care of myself again. I use exhale about three times a week for core training and yoga classes, which have both been great for my stress levels and overall physical fitness. I work with our Wellbeing Concierge to schedule my workout programs and she also provides diet and stress reduction techniques. Being a 45 PROVINCE resident, I exercise in our on-site fitness studio, but I also have membership privileges at the Back Bay and Waterfront locations, which leaves me with no excuses to miss a session.

Overall, it's just such an exciting time to be in this neighborhood. Downtown Boston is "the place to be", and is always bustling with people and things to do. I really would encourage anyone who is looking to purchase a beautiful residence to consider 45 PROVINCE. It's a fantastic opportunity to own a great property in a neighborhood that is growing more dynamic each day. Take advantage of it! I did, and I could not be happier.

Lotfi Merabet is a 41-year old eye doctor and professor. He runs his practice out of the Massachusetts Eye & Ear Infirmary and serves as a clinical researcher and professor at Harvard Medical School, where he earned his Master's Degree in Public Health. Lotfi moved into 45 PROVINCE in 2010 and recently told us why he loves living at 45 PROVINCE.

