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Relax & Rejuvenate with a Wellness Getaway Giveaway in Alpharetta, GA

ALPHARETTA, GA - (December 1, 2022) – Whether looking to kick-start a healthier lifestyle or refresh your wellness routine in the new year, the city of Alpharetta has everything you need to set your goals and follow through on them! From stimulating your mind and getting your heart rate up, to fueling your body and self-care treatments, Alpharetta invites you to start 2023 with a getaway focused on taking care of you!



As we wrap the holiday season, where we put so many people’s needs and desires above our own, the new year is a new chance to put yourself first. Recharge with crucial self-care, whether that be a trip to the spa for a heated stone therapy at Spa Sydell Integrative Aesthetics or repairing your muscles with cryotherapy at Restore Hyper Wellness. Treat yourself to retail therapy and buy new running shoes at Big Peach Running Co. or get yourself a new workout ensemble that makes you feel like the best version of yourself at any fitness-focused store throughout Alpharetta’s three distinct shopping districts!

Exercise is a celebration of the body’s abilities, and Alpharetta proudly offers several ways to stretch, flex and honor those miraculous muscles. Drop-in to classes like Core57 and Bodybar Pilates to tone and strengthen, while Burn Boot Camp and Senergy Fitness help get your heart rate up in high intensity interval training classes. Alpharetta’s stunning outdoor facilities include ample trails and a plethora of outdoor fitness equipment. Additionally, free classes like yoga, Zumba or even line dancing can be found throughout the city at Avalon, Brooke Street Park, and Wills Park Recreation Center.

Living well means more than working up a good sweat. Alpharetta encourages you to practice mindfulness by getting in touch with your senses. Tap into your creative side and get hands-on with pottery at All Fired Up. See local art exhibits like those offered through the Downtown Alpharetta Arts Walking Tour, the Alpharetta Arts Center and Chic Evolution in Art. Hear soulful music all throughout the city at spots like The Velvet Note and Ameris Bank Amphitheatre. Nourish your body with wholesome, delicious foods at many of Alpharetta's incredible restaurants. With a roster of over 200 restaurants throughout the city, there is no shortage on dining options available. True Food Kitchen's Teriyaki Quinoa Bowl is vegan, gluten free and packed with flavor. Stop by Vitality Bowls for scrumptious smoothies and fresh acai bowls. How do new recipes sound for souvenirs? Sign up for a class at one of Alpharetta's three cooking schools to come home with recipes that will make this health-centered lifestyle stick.

"We are eager to invite visitors to enjoy a trip that is all about helping them feel their best," says Janet Rodgers, President and CEO of the Alpharetta Convention and Visitors Bureau. "Alpharetta is the perfect destination for those that are looking to be pampered, revitalized, and prepared to tackle their wellness needs in the new year!"

The Alpharetta Convention and Visitors Bureau is giving away a chance to have your own Wellness Getaway in Alpharetta, with a getaway giveaway worth approximately \$1,350. This awesome prize package features a two-night hotel stay at the Hilton Garden Inn North/Alpharetta, \$150 gift card to Peloton, a gas card for travel and so much more! Register for a chance to win beginning January 1 – March 31, 2023 at <https://www.awesomealpharetta.com/relax-rejuvenate-with-a-wellness-getaway-in-alpharetta-ga/>. The winner will be chosen and contacted by April 10, 2023.

Travel is about leaving your cares at home and allowing yourself to be present to enjoy everything you are experiencing. Put your health at the center of your travel experience so you don't need a vacation from your vacation! Plan your wellness getaway today and book at stay at one of Alpharetta's incredible, modern, and upscale hotels at www.awesomealpharetta.com.

Alpharetta Convention and Visitors Bureau

The Alpharetta Convention and Visitors Bureau serves as the Official Destination Marketing Organization for the city of Alpharetta, GA. With so much to do, why not stay the weekend? Book a hotel stay at one of the Alpharetta's 30 modern and upscale hotels directly at www.awesomealpharetta.com. Alpharetta was recently named in the top 10 "One of the South's Best Cities on the Rise 2022" by Southern Living Magazine and "One of the Best Places to Visit in Georgia" by Vacationidea.com.

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