FITNESS AND FUN

SEE AND EXPERIENCE SOME GREAT PERSON COUNTY LOCATIONS WHILE SUPPORTING YOUR FITNESS JOURNEY!

5 HOURS | PERSON COUNTY



Pre-Workout Meal

Start off with a nutrition-packed meal at **Butcher's Daughter Market and Deli** in Uptown Roxboro. They have a variety of acai bowls, salads and toasts that will keep you energized through your workout.

BUTCHER'S DAUGHTER



Uptown Warm-Up

Get moving with a walk through Uptown Roxboro where you can explore local shops, admire the historic buildings and explore the many public art installations.



Roxboro Rotary Centennial Park

Workout time! As Person County's newest park, the **Roxboro Rotary Centennial Park** now offers over 10 miles of trails for hiking, mountain biking or running through the scenic Piedmont landscape.

PARK INFO

Post-Workout Nutrition

Replenish your body with a healthy shake from **Rise Up Nutrition**! They have add-ons available to customize your drink for your specific health goals, as well as a designated post-work section of suggested vitamin & mineral additions.

RISE UP NUTRITION





Relax and Recover

Visit **The Happy Sol** where you can have a BioScan done for a full body system health assessment, de-stress with a relaxing AromaTouch session, or experience The Harmonic Egg, an advanced sound and light therapy meditation chamber designed to bring the body back into balance.

THE HAPPY SOL

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QUESTIONS? EMAIL INFO@ITSBETTERINPERSON.COM

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