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ON THE SCENE

5 Ways to Reinvent Yourself in 2014

A new year means a chance to do all those things on your bucket list. While you're in town, get a jump start on the new you with these five fun activities that will refresh your body, relax your mind and maybe even teach you something new. **BY NICOLE AIDELBAUM**

Spa Day

Now that the holiday parties are over, it's time to start fresh. There's no better way to get started than a full day of pampering. Sign up for a signature massage at an acclaimed spa, like the **Senses Spa** at Disney's Saratoga Springs Resort, and indulge for a day. disneyworld.disney.go.com

Thrill Ride

Explore the city on two wheels. Downtown Orlando traffic can be a bit hairy at times but the folks at **SunCycles** have a solution. The bike share system allows you to park and ride around town. suncycles.org

Work It Out

Odds are with all the parties and events you attended over the holidays, your waistline grew a bit. Who says you can't start a workout routine on vacation and take it back with you? Facilities like **Title Boxing Club** have locations all over the nation. titleboxingclub.com

Get Cultured

One thing about Orlando that visitors quickly learn is that the city is bursting with art. From newly installed pieces around Lake Eola to the opening of **Dr. Phillips Center for the Performing Arts**, the city holds a plethora of culture just waiting to be tapped. Want to try

your hand at creating a masterpiece? Check out **Paint Nite** at local spots like Taste and Avenue Gastrobar. paintnite.com

Wine Down

After you've visited the spa and detoxed, it's time to detox. Change out of the robe and slippers and venture over to **Quantum Leap Winery**. A local winery with a sustainable focus, Quantum Leap imports grapes from California and does all fermenting and bottling on-site, all while bringing you fabulous wine in a unique setting. The venue also offers tastings, cheese pairings and a wine club. quantumleapwinery.com



A peek at Dr. Phillips Center



Relax and renew



Take a Quantum Leap

marlo

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