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News for Darien

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Embody Fitness Gourmet Has Moved from Equinox to Noroton Heights Shopping Center

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After nine years [Embody Fitness Gourmet](#) has moved out of the juice bar space at Equinox Fitness Club on Heights Road and into its new home right down the street.

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Embody joins neighbors Pure Barre and [Embody's new next door neighbor] Heights Pizza, among others, in the Noroton Heights Shopping Center in the space formerly occupied by Franks & Frites at 380 Heights Road.

“We are excited to be able to continue EMBODY’s presence in Noroton Heights, and are thrilled to be able to extend our offerings to the broader community,” EMBODY Founder Gillen Bryan said.

— *This is an announcement from Embody Fitness Gourmet. Darienite.com broke the news on Feb. 12 that the juice bar [was planning to move](#).*

Embody got its start in 2008 at the Equinox Fitness Club in Darien.

“We wanted to create a quick service café that served a diverse menu of healthy gourmet foods,” said Bryan. “Embody is unlike your typical juice bar. We don’t take a narrow approach to healthy eating as many juice bars do.”

Embody embraces all forms of lean proteins and nutrient dense vegetables and fruits in their menu creations, many of which pair well together allowing customers to mix and match items for an entire day's worth of nutrition.

“We think our vegan Twisted Chia shake goes perfectly alongside our Paleo Chef Bomb salad” Bryan said. “Diversity in healthy food selections, thoughtful sourcing and fast, friendly service makes Embody unique.”

In addition to its popular protein shakes, juices, and salads, Embody is now serving Intelligentsia coffee--one of the top coffee roasters in the country.

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“Stop in and try an unsweetened almond milk latte or espresso if you need a quick jolt before a workout,” Bryan said. Great coffee can play an important role in a healthy lifestyle so it was a very logical extension

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In addition to Darien, Embody has locations in both Westport and New Canaan. They also sell their own brand of low-sugar organic granola, fresh-grind almond butter and desert bars in the local community.

Embody: [on Facebook](#) | [on Twitter](#) | [on Instagram](#)

Editor's note: The last photo is from Embody Fitness Gourmet on Facebook.