



## **PRESS RELEASE**

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**Contact:** Jennifer Archer

(770) 781-2010

[jarcher@cityofcumming.net](mailto:jarcher@cityofcumming.net)

### **Good Vibes Brings Good Nutrition and Taste to the City Center**

CUMMING, Ga. – Husband and wife team, Brant and Kelly Trainer, will bring delicious and nutritious drink sensations to the Cumming City Center with Good Vibes Nutrition, Inc.

Brant said he and Kelly have wanted to start a family-owned business with their two teenage daughters for quite some time. “Recently, I left the corporate chaos behind and that’s when we made the decision to start Good Vibes Nutrition to provide healthier choices for people,” he said. “Good Vibes specializes in nutritious but super tasty smoothie shakes and iced teas.”

Good Vibes’ beverages are all low in carbohydrates, sugar, fat and calories. The shakes average 200 to 250 calories, 24 grams of protein, and 21 essential vitamins and minerals. The teas average just 24 calories, no sugar, and 21 essential vitamins and minerals, as well as green, black and oolong teas for energy and a metabolism boost, ginseng and guarana for focus and mental alertness, and aloe to aid in digestion and absorption.

“Our teas and shakes are a great way to help people manage various nutritional aspects of their health, such as overall calorie consumption, protein and carb intake, and generally focus on well-being through better convenient choices,” Brant said. “But the really awesome thing is - no one has to sacrifice great taste!”

With a huge range of taste sensations from basic fruit flavors to lemonade and limeade, as well as more unique blends like Bahama Mama, Watermelon Crawl, Orange Slice, and Arnold Palmer, the loaded teas also offer plenty of Vitamin C, B6, and B12. In the shakes, which do not contain any milk or ice cream, customers will find more decadent offerings such as peanut butter and chocolate, cookie dough, Snickers, wedding cake, strawberry cheesecake, banana nut, cinnamon toast, Captain Crunch and Fruity Pebbles, among others.

Besides providing great beverages, Brant and Kelly, and their business partner Jeremy Gatz, also plan to sponsor wellness sessions, participate in local events, and provide a place for groups of teens to study and collaborate after school.

“We’ve seen the City of Cumming’s growth since the early ‘90s, but there’s always been a sense of belonging here and we have wanted to contribute more to this community for some time,” Brant said. “We’re super excited to get to do that at the Cumming City Center!”

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