



HEALTH PACKAGES  
focus on you

CANYON RANCH®  
*The Power of Possibility.®*



# HEALTH PACKAGES

Health packages are offered in Tucson and Lenox unless indicated otherwise

<b>Executive Health Program</b>	5
<b>Optimal Living®/four nights or longer</b>	6
<b>Back in the Game of Life: Gearing Up Before or After Surgery</b>	6
<b>Optimal Living/three nights, Lenox only</b>	8
<b>New Approaches to Weight Management</b>	8
<b>Brain Fitness</b>	9
<b>Stress Management &amp; Resiliency</b>	10
<b>Your Personal Best: Training for Success</b>	10
<b>Spiritual Health</b>	12

*Health Packages are what Canyon Ranch is all about. The same philosophy that enabled me to change my life can help you change yours. It's about putting things in perspective, resetting priorities and contemplating possibilities.*

*These packages are for those willing to create the discipline in their lives to achieve optimal health through long-term change. We hope you'll consider a Health Package to help you develop a personal connection to your desire to be healthy. Only then will you be motivated to make necessary lifestyle changes a permanent part of your life.*

*After all, health may not be everything, but if you lose it, everything quickly becomes nothing.*



Mel Zuckerman  
Canyon Ranch Co-Founder and Chairman

Your Canyon Ranch Health Package is an expertly selected bundle of services addressing a wellness concern of interest to you. With a Nurse Concierge as your coordinator, you meet with an interdisciplinary team of experts who share an integrative approach to wellness – your key to a healthier future.

# the integrative approach

## WHAT IT MEANS TO YOU

Since the doors opened at Canyon Ranch in 1979, we have embraced an integrative approach to wellness – including mind, body and spirit – in which professionals in various disciplines collaborate to help you reach your health potential.

**YOUR PERSONAL HEALTH ADVISORY BOARD.** A team of physicians, nurses, nutritionists, exercise physiologists, behavioral experts and others will look at you as a whole person, not as a collection of individual symptoms or body parts. Your team members share assessments and expertise to create a fully rounded understanding of your health risks, profile and needs.

**YOUR ACTIVE PARTICIPATION.** Your health depends largely on the way you live every day. Choosing lifestyle medicine and actively working with a preventive health care team can reduce your chances of needing prescription drugs and surgeries. Our experts can help you improve your fitness, nutrition, stress, mood, sleep patterns – every important aspect of life. You'll find a respectful, collaborative approach, and experts who have ample time to work with you.

**YOUR EXPANDED POTENTIAL.** Our team draws on Western medicine as well as Eastern traditions, energy healing, spiritual awareness, lifestyle and proven alternative practices. Using a critical yet open-minded approach, our professionals offer you the best practices from around the world.

**YOUR HEALING POTENTIAL.** Despite all your best efforts, sickness and injury can occur, and there simply is no better place than Canyon Ranch to prepare for or recuperate from surgery, come to terms with a health challenge or recover from an illness. Our integrative professionals can help you with specific concerns, whether recent or chronic.

### HEALTH PACKAGE TOPICS

You'll benefit from structure, support and guidance in areas that concern you, including:

- Anxiety
- Arthritis
- Bone Health
- Cancer Risk
- Chronic Fatigue
- Chronic Pain
- Diabetes
- Fibromyalgia
- Genetics
- Healthy Weight
- Heart Health
- Inflammatory & Allergic Disorders
- Longevity
- Menopause
- Optimal Aging
- Optimizing Immunity
- Relationships
- Sedentary Lifestyle
- Sleep Disorders
- Smoking Cessation
- Sports Training
- Stress Management

### EXPERT GUIDANCE

Your integrative team includes specialists in areas such as:

- Energy Medicine
- Exercise Physiology
- Fitness
- Food & Nutrition
- Integrative Medicine
- Life Management
- Mind-Body Techniques
- Spirituality
- Therapeutic Body Work



## **YOUR TEAM IN ACTION:**

Our distinguished health care professionals understand one another's fields of expertise and appreciate the power of diverse healing disciplines. Your Nurse Concierge, Program Advisor and Canyon Ranch physician will guide you to the professionals, experiences and services that will best meet your needs and support your goals.

## **TAKE HOME THE BENEFITS**

A Health Package can be added to any Canyon Ranch stay. In this relaxing environment, you can discuss topics you may hesitate to talk about with your family doctor, explore existing concerns in greater depth, or get a second opinion. If you choose, your Canyon Ranch physician can work collaboratively with your doctor after you return home. This is your chance to take stock and choose the best path for the rest of your life.

A Nurse Concierge and Program Advisor coordinate your team of professionals and arrange all your appointments, so you're free to focus on what matters most – your health!

**Health Package fees are in addition to your basic Canyon Ranch package rate. For details, call 800-742-9000.**



*I was at the point of accepting chronic pain as my fate – almost. Nobody had been able to pinpoint the cause before this. The Canyon Ranch team looked at me in a whole new way. I'm going home with a full plan, including a stress-reduction program!*

*– Peter S., Oyster Bay, New York*

# EXECUTIVE HEALTH PROGRAM

*4-night stay or longer*

## **Comprehensive, integrative health assessment for the best in preventive care**

The early detection of disease and health risk factors can prevent long-term health consequences. The Executive Health Program at Canyon Ranch is a science-based state-of-the art health assessment (created in collaboration with Cleveland Clinic®) that offers an entirely new level of sophistication and thoroughness.

In a relaxed, focused environment, you'll be an active participant in your health care, working with a physician and your integrative health team to develop a plan that fits your lifestyle and specific wellness goals. This detailed, comprehensive program includes extensive diagnostic evaluation, risk-factor analysis and preventive strategies, which you'll begin to put into practice while enjoying your stay at Canyon Ranch.

## **In addition to the services included in your Canyon Ranch stay, your Executive Health Program includes pre-arrival interviews and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 75-minute, comprehensive history and physical by your personal EHP physician – includes Pap smear for women
- Nutrition consultation focused on your personal history and goals
- Exercise physiology consultation with personalized exercise prescription
- Healthy lifestyle consultation with a licensed therapist
- Comprehensive diagnostic laboratory testing
- DEXA body composition
- Hearing and spirometry (pulmonary function) testing
- Non-invasive cardiovascular profile assessment
- Resting and exercise EKGs including cardiometabolic stress test with a physician
- Cognitive and memory assessment

- Private mind-body personal training (yoga, tai chi, qi gong, meditation)
- 50-minute follow-up with your EHP physician to review and summarize test results and recommendations
- Binder with test results and comprehensive recommendations
- Follow-up summary letter with final test results and recommendations
- On-site wrap-up session with Nurse Concierge to evaluate current status, answer questions and summarize plan
- 25-minute phone follow-up at home with your EHP physician for a progress report and to answer questions and plan further diagnostics and follow-up

**Take home the tools, knowledge and expert planning for a healthy future. Ranch professionals are available for phone consultations after your visit, and happy to confer with your physician or other healthcare expert at home.**

*Note: Off-site diagnostic testing can be scheduled. Charges for tests done outside Canyon Ranch are the responsibility of the guest and are to be paid to the provider who performs the tests. Insurance information and credit cards should be brought to the testing facility.*

## OPTIMAL LIVING

*4-night stay or longer*

### Customized for your wellness concern & your healthier future

Experience one of our most popular and flexible Health Packages, designed to be tailored exclusively to your interests and health goals. You'll work with an integrated team of Canyon Ranch health professionals to create a personalized plan to improve your health, fitness, nutrition, movement, stress management and creative expression – at home and away.

**In addition to the services included in your Canyon Ranch stay, your Optimal Living® package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 50-minute consultation with a physician
- Allowance for Canyon Ranch Health & Wellness services

### You may concentrate on an area such as:

- Cardiovascular Health
- Comprehensive Integrative Medicine
- Diabetes/Insulin Resistance/ Metabolic Syndrome
- Intimacy & Passion
- Men's or Women's Health
- Musculoskeletal Health
- Osteoporosis Prevention/ Management
- Sleep Enhancement/ Insomnia Relief
- Smoking Cessation

**Choose the focus that will lead to greater health and enjoyment of life for you.**

*Note: For people over 50 who have not had recent health evaluations, we recommend the Executive Health Program.*

## BACK IN THE GAME OF LIFE: GEARING UP BEFORE OR AFTER SURGERY

*4-night stay or longer*

### Preparation or recovery for optimal results

Whether you're preparing for surgery, or recovering from one and want to get back to an active lifestyle, Canyon Ranch health professionals can customize a program to meet your needs. Our pre- and post-surgery strategies can help you strengthen your body to reduce pain, enhance the recovery process, and improve the overall outcome of your surgery.

**In addition to the services included in your Canyon Ranch stay, your Back in the Game package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 50-minute consultation with a physician
- Allowance for Canyon Ranch Health & Wellness services

### Minimize surgical challenges, maximize the benefits.

#### **Back in the Game of Life is recommended if you are:**

- *Preparing for musculoskeletal/orthopedic surgery*
- *Six weeks post-surgery and have completed acute rehab*
- *Independent and do not require nursing care*
- *Independently mobile with or without a walker, cane, scooter or other aid*



## OPTIMAL LIVING

*Lenox only, 3-night stay or longer*

### **Minimal time, maximum impact for your healthy future**

Only have time for a short stay? The 3-Night Optimal Living® package makes the most of your time to create a personalized health plan to enhance your health, fitness, nutrition, movement, stress management and creative expression. Our trained experts will customize your package to focus on intimacy and passion, ayurvedic health, optimal health or another area of your choice.

**In addition to the services included in your Canyon Ranch stay, your Optimal Living package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- Consultation with a physician, naturopathic physician or sexual health counselor
- Allowance for Canyon Ranch Integrative & Wellness services

**This highly efficient, laser-focused program makes the most of every minute, so you can make the most of all your days.**

*Note: For people over 50 who have not had recent health evaluations, we recommend the Executive Health Program.*

## NEW APPROACHES TO WEIGHT MANAGEMENT

*4-night stay or longer*

### **Learn how to reach and maintain a healthy weight for life**

Losing weight – and maintaining a healthy weight – depends on developing and implementing a weight-management program based on your personality, body chemistry, food preferences, lifestyle and physiology.

Let our professional team help create the best take-home program for you. Together you'll create a plan you can follow with pleasure and confidence.

**In addition to the services included in your Canyon Ranch stay, your New Approaches to Weight Management package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 25-minute physician consultation
- DEXA Body Composition
- Resting Metabolic Rate measurement
- Metabolic Exercise Assessment
- Two Nutrition consultations
- Two Healthy Lifestyle consultations

**You'll return home ready for a lifetime of healthy eating, fitness and joyful living.**

## BRAIN FITNESS

*4-night stay or longer*

### Strategies for a sharper mind and clearer memories at every age

Keeping your mind and memory in shape as you age will make the rest of your life more rewarding and joyful. In this innovative, in-depth package, you get the tools, information and insights for sustained brain fitness. Research has demonstrated that the brain continues to create new pathways and alter existing ones in order to adapt to new experiences. This is your chance to focus fully on this important topic with expert guidance and plenty of time to explore the best strategies for you.

**In addition to the services included in your Canyon Ranch stay, your Brain Fitness package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 50-minute Integrative Medicine Consultation
- Non-invasive Cardiovascular Profile Assessment
- Private fitness service (agility)
- Two-part Cognitive & Memory Assessment
- Neuronutrition: Food for Thought consultation
- Exercise for Healthy Aging consultation
- Private Mind-Body Personal Training
- 50-minute physician wrap-up and comprehensive treatment plan

**You'll leave with an at-home program for optimal cognitive function, so you can make the most of every day of your life.**

*Note: This package is not suitable for people who have been diagnosed with Alzheimer's disease or dementia.*



*Nobody in my family has diabetes, so the diagnosis took me by surprise. I didn't want to rely just on medication to take care of it. I needed a lifestyle overhaul, and that's what I got here. I had a nice long visit with the doctor, which was a real eye-opener. The nutrition and fitness people made me believe I could turn things around. Thank you to everyone for all the amazing kindness and support!*

*– Arlene D., Spokane, Washington*

## STRESS MANAGEMENT & RESILIENCY

4-night stay or longer

### Develop stress hardiness to help meet life's challenges

Sometimes stress motivates and challenges, but all too often it overwhelms and depletes. Nobody can eliminate all stress; however, you can proactively develop "stress hardiness" by creating your own management plan. With the guidance of empathetic experts, you'll learn ways to help understand and gain control over your body's responses to stress.

**In addition to the services included in your Canyon Ranch stay, your Stress & Mood Management package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Initial consultations with a Nurse Concierge and Program Advisor
- 50-minute physician consultation
- Heart-Rate Variability Test (*measures your body's adaptation to stress*)
- Nutrition consultation
- Biofeedback session (*monitoring technology helps you learn to control stress factors such as heart rate and blood pressure.*)
- Two Stress Management consultations
- Choice of one:
  - Gyrotonic Expansion System® – Pilates
  - Movement Therapy (*Lenox*) – Rx for Exercise
- Choice of Acupuncture, Healing Touch (*Tucson*) or Healing Energy (*Lenox*)

**You'll go home feeling refreshed and relaxed – and have the practical knowledge and first-hand experiences to help you stay that way.**

## YOUR PERSONAL BEST: TRAINING FOR SUCCESS

Tucson 4-night stay or longer; Lenox 3-night stay or longer

Do you dream of running your first 5K next year? Getting in shape for beach volleyball this summer? Rocking a dance audition? Whether you're just beginning a fitness program, restarting one left behind, or looking to ramp up your current performance level, our experts will help you achieve a personal goal and become the best at whatever you love to do.

A caring team of physicians, nutritionists, life management coaches and exercise physiologists will assess your current status and work with you one-on-one. We'll bring together the best of your abilities and our expertise to design a fitness program to fit your intentions. In addition, you'll be encouraged to put this information to work in the stress-free environment of Canyon Ranch. Experience your own *Aha!* moment and feel the excitement of a new or rediscovered passion for fitness.

**In addition to the services included in your Canyon Ranch stay, your package includes pre-arrival interviews and the following:**

- Initial consultation with a Nurse Concierge and Program Advisor
- 50-minute Optimal Health consultation with a physician
- DEXA Body Composition with a physician and follow-up with an exercise physiologist
- Two additional exercise physiology consultations to assess flexibility, strength and aerobic capacity with a follow-up program for enhancing your fitness level
- Nutrition consultation to fuel your fitness program
- Life Management consultation to engage the mind-body connection
- Nurse Concierge wrap-up session

**What's your passion? You may add enhancements to this package (at an additional cost) for activities such as biking, running, tennis, golf, swimming or triathlon training.**





*I've been so stressed, it was affecting my health and my relationships. My body was permanently tense! I learned biofeedback and relaxation techniques that really helped. The professionals were fabulous – very calming and knowledgeable people. I feel like a new person.*

– Lynne E., Philadelphia, Pennsylvania

## SPIRITUAL HEALTH

*4-night stay or longer*

### Discover pathways to greater meaning and serenity in life

Away from everyday distractions, you can focus on this powerful inner journey. With the guidance of our amazing experts, explore the tools and practices that lead to peace, balance and spiritual connection. Everything in this package will be geared toward your interests and goals. We'll meet you where you are, and, based upon your interests, take you to the next level of potential and personal power.

**In addition to the services included in your Canyon Ranch stay, your Spiritual Health package includes pre-arrival interviews, a wrap-up session with a Nurse Concierge and the following:**

- Two Spiritual Dialogue sessions
- Charting Your Inner Life (*Tucson*) or Lifemapping (*Lenox*)
- Mind-Body Private Training session
- Choice of Soul Journey or Meditation, Visualization & Relaxation
- Choice of Acutonics® or Healing Touch (*Tucson*);  
Acutonics or Healing Energy (*Lenox*)
- Choice of Thai Massage or Bindi-Shirodhara

**From spiritual stress management and soulful decision-making to profound transformations of the heart and mind, this experience will change the way you see yourself and the world.**

#### The Spiritual Health Package Is ...

- For people of all ages, faiths and levels of spiritual exploration
- Totally customized for your interests and needs
- Designed to create a lasting, cumulative impact

ABOUT  
canyon ranch resorts



TUCSON, ARIZONA

Located in the serene Sonoran Desert, Canyon Ranch in Tucson, Arizona, is a powerful and energizing environment for adventure and personal discovery. Revel in year-round sunny weather, lush desert surroundings and nearby pine-topped mountains. Here you can calm your mind, challenge your body and enjoy nature, savor nutritious cuisine, have fun and experience healthy living. Gracious accommodations, built in harmony with the desert terrain and colors, are clustered throughout the grounds. Find yourself and change your life in the clear, brilliant desert air at Canyon Ranch in Tucson.



LENOX, MASSACHUSETTS

Canyon Ranch in Lenox sits in the stunning Berkshire Hills of Massachusetts in the heart of New England. Enjoy outdoor adventures, exhilarating fitness classes, amazing cuisine, fabulous massages and eye-opening wellness opportunities. Each season features special attractions, including canoeing, skiing, and performing arts at nearby Tanglewood and other cultural centers. Feed your soul, strengthen your body and find the best in yourself at Canyon Ranch in Lenox.

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800-742-9000 | [canyonranch.com](http://canyonranch.com)

DESTINATION HEALTH RESORTS Tucson, Arizona | Lenox, Massachusetts HOTEL & SPA Miami Beach  
SPA CLUB® SPAS & FITNESS Las Vegas | Cunard's Queen Mary 2 | Oceania Cruises® | Regent Seven Seas Cruises®