

JUMPSTART TO A HEALTHIER LIFE

SAMPLE SCHEDULE

CANYONRANCH.
The Power of Possibility.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 AM		<i>Morning Walk</i>	<i>Morning Walk</i>	<i>Morning Walk</i>	<i>Morning Walk</i>
8 AM		Group Breakfast	Group Breakfast	Group Breakfast	Taking It Home with You
9 AM		The Science of Exercise	Jumpstart to a Healthy Life		
10 AM					
11 AM				Connecting with Your Higher Self	
Noon			Lunch & Learn		
1 PM					
2 PM		What's in Your Pantry?			
3 PM	Orientation			Setting Smart Goals	
	Tour of Property				
4 PM					
5 PM					
6 PM	Group Dinner	Group Dinner	Group Dinner	Group Dinner	
7 PM		Who Moved My Qi?			
8 PM	Welcome Gathering		Ways to Create Miracles in Your Life	Closing Ceremony	

KEY:

Presentations & Discussions

Fitness & Mind-Body Classes

JUMPSTART TO A HEALTHIER LIFE

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SUNDAY

ORIENTATION

Attend this important informational session, get an overview of the Jumpstart Program and meet other participants. There will be a Q&A period, and you'll receive related handouts to support your experience.

TOUR OF PROPERTY

GROUP DINNER

WELCOME GATHERING

Wellness & Intention: Making your action plan work for you. The process of change can be challenging even for the most motivated of people. Learn ways to activate and realize your wellness intentions by understanding the direction that is right for you.

MONDAY

GROUP BREAKFAST

THE SCIENCE OF EXERCISE

Whether you choose a strength workout with a side of cardio or intervals with a slice of yoga, the results differ – and the outcome of any workout depends on your contributions. A Canyon Ranch exercise physiologist will help you explore whether you're taking the right dose of vitamin "ex" for your goals.

WORKSHOP: WHAT'S IN YOUR PANTRY?

A Canyon Ranch nutritionist will review great food choices, recommended brands and key ingredients. Find out how to keep your kitchen functional and stocked for wellness.

GROUP DINNER

WHO MOVED MY QI?

Ongoing fatigue, achiness and general malaise can be addressed through the Chinese medicine art of qi gong. Session includes instruction in do-it-yourself techniques using qi gong, breath and acupressure.

TUESDAY

GROUP BREAKFAST

JUMPSTART TO A HEALTHY LIFE

Integrative medicine complements the practice of conventional medicine with healing traditions from around the world. A Canyon Ranch physician explains how this new healing paradigm can prevent and treat disease. *This presentation is followed by a Q&A session.*

LUNCH & LEARN

Watch our demonstration chef at work and discover helpful and healthy Canyon Ranch cooking tips. Enjoy a delicious three- or four-course meal with a featured entrée. Bon appétit!

GROUP DINNER

WAYS TO CREATE MIRACLES IN YOUR LIFE

Miracles happen...how about creating some of your own? Join author Jerry Posner for an entertaining, practical approach to miracle making, including a process to help increase the probability of desired outcomes and goals.

WEDNESDAY

GROUP BREAKFAST

CONNECTING WITH YOUR HIGHER SELF

Your higher self can enhance your sense of life's meaning and purpose. Learn how to access and connect with it for improved awareness, guidance and self-love.

SETTING SMART GOALS

"A goal without a plan is just a wish."
– Antoine de Saint-Exupéry

Successful people know that achieving success does not happen by accident. Whether you want to lose weight, perform better, improve a relationship or reach any important goal, the key to success is in the planning. Join an expert Canyon Ranch life management practitioner to learn scientifically proven ways to set actionable goals and develop effective plans for achieving them. This presentation is followed by an interactive workshop.

GROUP DINNER

CLOSING CEREMONY

Taking responsibility for your health and well-being is a critical step toward lasting change and lifelong vitality. Come together with your fellow participants to close your *Jumpstart to a Healthier Life* experience with a meaningful celebration of your achievements and affirmation of your intentions.

THURSDAY

TAKING IT HOME WITH YOU – PANEL DISCUSSION

A Nurse Educator guides you through our take-home packet of tools and tactics to help you go home with a realistic plan to realize your healthy intentions.