



HEALTH PACKAGES
focus on you

CANYONRANCH®
The Power of Possibility®



HEALTH PACKAGES

Health packages are offered in Tucson and Lenox unless indicated otherwise

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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 educator 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 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



TAKE HOME THE BENEFITS

A Health Package can be added to any Canyon Ranch stay. In this relaxing environment, you can discuss concerns you may hesitate to address with your family doctor. This is your chance to take stock and choose the best path for the rest of your life.

A nurse educator 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.



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 educator, 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.





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

Recommended 4-night minimum stay

Comprehensive, integrative evaluation for the best in preventive care

Take your annual check-up to an entirely new level of sophistication, thoroughness and follow-through with this state-of-the-art health assessment created in collaboration with Cleveland Clinic.® In a relaxed, focused environment, you'll meet with diverse health care experts who will examine everything from physical status to lifestyle habits for a cohesive, whole-person assessment of your health.

In addition to the services included in your Canyon Ranch stay, your Executive Health Program includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:

- Initial consultation with a nurse educator 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
- Extensive diagnostic testing, including:
 - LDL/HDL particle size and lipoprotein(a) level
 - Comprehensive cholesterol profile, liver function, kidney function, complete blood count, iron stores, thyroid function, C-reactive protein and homocysteine levels, PSA for men, blood sugar and urinalysis
 - Diabetes testing
 - Vitamin B-12, and free and total testosterone (*men only*)
 - Resting and exercise EKGs, including a Cardiometabolic Stress Test with a physician
 - DEXA Bone Density/Body Composition
 - Vision, Hearing and Spirometry (*lung function*)

- 25-minute follow-up with a 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

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

Note: An off-site chest X-ray and mammogram can be scheduled. Charges for diagnostic 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. Optional tests and services – including a CT heart scan – are available for an additional cost if needed.

ENHANCED EXECUTIVE HEALTH PROGRAM

Recommended 5-night minimum stay

The ultimate integrative care assessment for your health & longevity

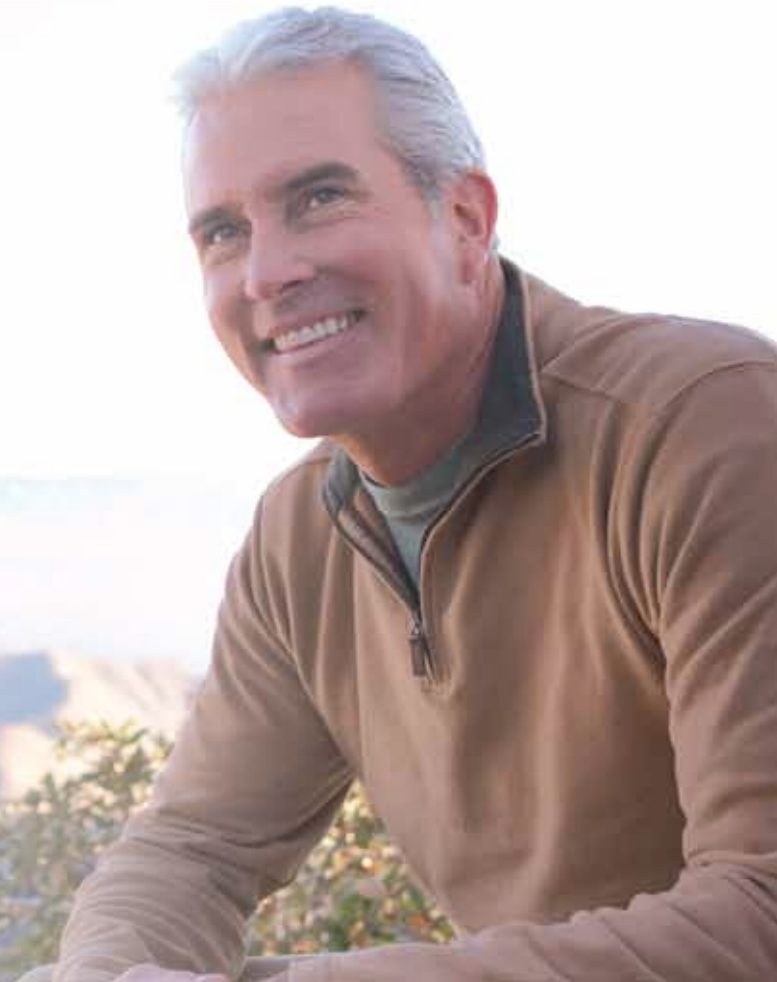
The Enhanced Executive Health Program is a unique health assessment with a breadth and depth previously unknown in the U.S. health care system. Designed for insightful, motivated people who identify their health as a top priority, this detailed, comprehensive program includes an extensive diagnostic evaluation, lifestyle assessment, risk-factor analysis and personalized advice.

In addition to all the components of the Executive Health Program (page 5), the Enhanced Executive Health Program includes:

- Added diagnostic testing, including:
 - Heart-Rate Variability Test
 - Resting metabolic rate
 - Non-invasive vascular testing
- Assessment of resting metabolic rate and consultation with a nutritionist
- Additional exercise physiology appointment to analyze and integrate results of diagnostic testing
- Private Mind-Body Personal Training (*yoga, meditation, qi gong or tai chi*)
- Choice of Acutonics®, Acupuncture or Healing Touch (*Tucson*) or Healing Energy (*Lenox*)
- Stress-management training with a licensed therapist
- 50-minute follow-up with a physician to review and summarize test results and recommendations
- 50-minute phone follow-up at home with your personal EHP physician for a progress report, to answer questions and plan for further diagnostics or follow-up

The depth and diversity of this package make it an ideal way to plan for your healthiest future.

Note: An off-site chest X-ray and mammogram can be scheduled. Charges for diagnostic 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. Optional tests and services – including a CT heart scan – are available for an additional cost if needed.



OPTIMAL LIVING

4 nights 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. 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 educator and the following:

- Initial consultation with a nurse educator 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 nights 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 educator and the following:

- Initial consultation with a nurse educator 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 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 nights 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 educator and the following:

- Initial consultation with a nurse educator 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 nights 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 educator and the following:

- Initial consultation with a nurse educator 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 nights or longer

Strategies for a sharper mind and clearer memories at every age

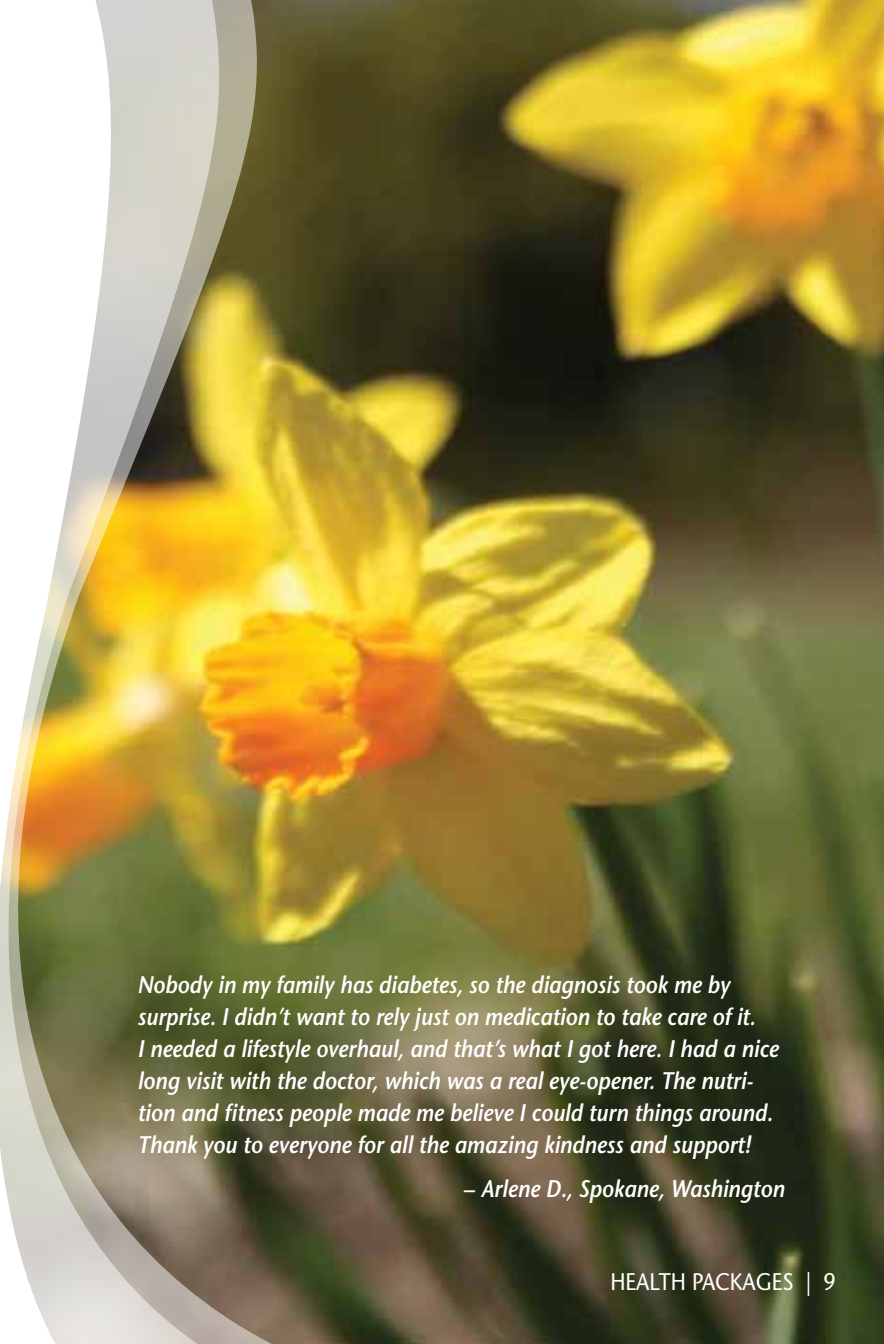
Keeping your mind and memory in shape as you age will make the rest of your life more rewarding and joyful. In this innovative, in-depth package, you get the tools, information and insights for sustained brain fitness. This is your chance to focus fully on this important topic with expert guidance and 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 educator and the following:

- Initial consultation with a nurse educator 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



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 nights 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 educator 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

STRESS & MOOD MANAGEMENT

4 nights 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 educator and the following:

- Initial consultations with a nurse educator and Program Advisor
- 50-minute physician consultation
- Heart-Rate Variability Test (*measures your body's adaptation to stress*)
- Nutrition consultation
- Biofeedback session
- Two Stress Management consultations
- Choice of one:
 - Gyrotonic Expansion System®
 - Movement Therapy (*Lenox*)
 - Pilates
 - 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.

CANYON RANCH SPORTS TRAINING

Tucson only, 4 nights or longer

A dream team of experts helps you reach ever higher

Are you eager to enhance your physical performance, set new goals or take your training to the next level? Whether you're a novice or a seasoned athlete, you'll get a core set of performance measures, assessments and program designs to help you become the best at what you love to do.

Enjoy the benefits of your own "dream team" as you're thoroughly assessed by a physician, a licensed therapist, a nutritionist and an exercise physiologist who are all serious athletes and understand your drive to succeed.

In addition to the services included in your Canyon Ranch stay, your Canyon Ranch Sports Training package includes pre-arrival interviews, a wrap-up session with a nurse educator and the following:

- Initial consultations with a nurse educator and Program Advisor
- 50-minute Musculoskeletal Consultation with a physician
- Laboratory testing
- DEXA Body Composition
- Two Exercise Physiology consultations (testing strength and flexibility)
- Nutrition consultation
- Choice of Performance Enhancement or Hypnotherapy session

Take home the tools to reach your peak in the sport you love.

What's Your Passion? You may add enhancements to this package specific for activities such as:

- biking
- golf
- running
- swimming
- tennis
- triathlon training

CONTINUING MEDICAL EDUCATION FOR PHYSICIANS

Enjoy a relaxing vacation at world-class Canyon Ranch health resort in Tucson, Arizona, or Lenox, Massachusetts, while expanding your knowledge in leading-edge preventive care. Canyon Ranch CME Programs provide you with tools and strategies to promote wellness as a therapeutic strategy within your medical practice and in your life. Earn up to 12 AMA PRA Category 1 Credit(s)[™] through educational programs within each Health Package. This is accomplished through formal lectures as well as consultation and tutoring with our practicing professionals.

CME credits are approved by the University of Arizona College of Medicine at the Arizona Health Sciences Center.

Canyon Ranch CME programs enable you to:

- Discuss preventive medicine practices in a clinical setting
- Prescribe preventive management methods for lifestyle-related diseases
- Teach patients about self-care and prevention
- Work with an interdisciplinary team of professionals toward wellness goals

Earn up to 27 CME credits in any of the weeklong programs held in the Life Enhancement Center,[®] a separate, supportive environment on the grounds of Canyon Ranch in Tucson.

Call 800-742-9000 for details.

Earn up to 12 CME credits in Lenox by participating in the following Health Packages:

- Enhanced Executive Health Program
- Executive Health Program
- New Approaches to Weight Management
- Optimal Living[®]
- Stress & Mood Management

Earn up to 12 CME credits in Tucson by participating in the following Health Packages:

- Canyon Ranch Sports Training
- Executive Health Program
- Enhanced Executive Health Program
- New Approaches to Weight Management
- Stress & Mood Management



THE UNIVERSITY
OF ARIZONA.

Arizona Health Sciences Center
Sponsored by the University of Arizona College of
Medicine at the Arizona Health Sciences Center

ACCREDITATION

These activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The University of Arizona College of Medicine at the Arizona Health Sciences Center and Canyon Ranch health resort. The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the ACCME to provide continuing medical education for physicians.

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates these educational activities for a maximum of 12 AMA PRA Category 1 Credit(s).[™] Physicians should only claim credit commensurate with the extent of their participation in the activity.

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. Southwest-style 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.

CANYONRANCH®

The Power of Possibility®

canyonranch.com

800-742-9000

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