

LIFE ENHANCEMENT PROGRAM[®]

Sample Schedule

CANYON RANCH[®]
The Power of Possibility[®]

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------|-----------------------------------------------------------------------------|----------------|----------------------------|-------------------------|----------------------------|--------------------------------|----------------------------------------------|------------|
| | Check in at the Life Enhancement Center [®] by 4pm for Orientation | Morning Walk | Morning Walk | Morning Walk | Morning Walk | | Morning Walk | |
| 7 AM | | | | Tai Chi | | Qi Gong followed by Meditation | | |
| 8 AM | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | |
| 9 AM | | | I Can Change – Let's Begin | Healthy Weight Overview | | | Take-Home Planning | |
| 10 AM | | | Exercise for Life! | Your Self Behaving | Transformation From Within | Where's the Joy? | Celebration | |
| 11 AM | | | Cardio & Strength | Strength Training | Exercise for Weight Loss | Aquatic Fitness | Interval Training | Buff Booty |
| 12 PM | | | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1 PM | | | | | | | | |
| 1:30 PM | | | The Journey Begins | | | | | |
| 2 PM | | | Integrative Medicine | | Practical Portions | | Take Charge: Navigating Your Way to Wellness | |
| 3 PM | | | | Posture & Balance | Pilates Mat | Totally Tubing | Stretch & Relax | |
| 4 PM | | Orientation | Think Before You Eat | Meditation for a Change | | Turning Point | | |
| 5 PM | | Starting Point | | | | | | |
| 6 PM | | Group Dining | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |

KEY:

Core Curriculum

Fitness & Wellness Activities

MONDAY

THE JOURNEY BEGINS

Step back and take a deeper look at your vision of health and wellness. A Canyon Ranch spiritual guide will give a brief introduction to holistic health in a way that will inspire you to create a life of greater meaning.

INTEGRATIVE MEDICINE

This is a perfect introduction to the Canyon Ranch practice of medicine, as well as an explanation of what “integrative” means. A Canyon Ranch physician will show you how to best utilize the vast resources available to you while you’re here.

THINK BEFORE YOU EAT

Your food choices send many messages to your body. In this fascinating session, you’ll explore whether the messages you’re sending are consistent with your health, nutrition and performance goals. Learn which foods you should choose for healthy eating.

Tuesday

I CAN CHANGE – LET’S BEGIN

Do you make healthy lifestyle changes only to end up frustrated and discouraged about not maintaining them? Learn the stages of change, which stage you’re in, and strategies for living a healthier, happier life.

EXERCISE FOR LIFE!

You know that exercise is good for you. You may be surprised, however, by the degree to which moderate regular exercise can improve every aspect of your health and well-being. We’ll explore the multitude of preventable diseases, and discuss what counts as exercise, as well as how much is enough.

Wednesday

HEALTHY WEIGHT OVERVIEW

In this introductory session of our Healthy Weight series, we’ll discuss metabolism and weight management. Learn about the strategies and habits of people who have been successful at losing weight and keeping it off!

YOUR SELF BEHAVING

Learn to think in new ways about your relationship with food and exercise. This session will include ideas about how to make the choices that will create your fittest self.

PRACTICAL PORTIONS

Many weight-loss programs and diet books suggest unrealistic portion reductions. Weight comes off but does not stay off, as old habits soon return. A better approach is to make realistic, sustainable changes. Real foods are used as examples.

Thursday

TRANSFORMATION FROM WITHIN

What is spirituality and why is it important for the process of personal transformation and healing? Join a spiritual service provider to learn about seven steps for spiritual health and experience a meditation/breathing exercise that is both peaceful and powerful.

TURNING POINT

The Life Enhancement Program® is both an immersion experience and one that carefully, realistically helps you plan for a healthier future. During this informal session, you’ll reflect on the week so far, and turn the corner into Take-Home Planning. This is the perfect time to leave the old you behind!

Friday

WHERE’S THE JOY?

How high is “something fun” on your list of things to do each day? Through interactive, joyful activities, you’ll reconnect with the wisdom that children have instinctively – that joy is paramount to a fulfilling life. Prepare to laugh and feel liberated!

TAKE CHARGE: NAVIGATING YOUR WAY TO WELLNESS

Who’s driving your bus? Taking responsibility for your health and well-being is a critical step toward lasting change and lifelong vitality. Incorporate all you’ve learned at Canyon Ranch into your health care at home and communicate more effectively with your health care team. Determine what questions to ask and when to ask for support.

Saturday

TAKE-HOME PLANNING

This is perhaps the most important time you will invest at Canyon Ranch. You’ll be guided through developing your action plan for success. “Experience it for a week, live it for a lifetime” is more than our slogan ... it’s our mission.

CELEBRATION

Directly following Take-Home Planning, celebrate your week as you toast your fellow participants and receive your complimentary Life Enhancement Program T-shirt as a take-home gift.

FITNESS CLASSES

AQUATIC FITNESS

Combine aerobic conditioning and muscular endurance work in the T-Pool.

BUFF BOOTY

Focus on your abs, buns and legs to create long, lean muscle while developing strength and balance.

CARDIO & STRENGTH

Learn the fundamentals of treadmill work, followed by strength and muscular endurance.

EXERCISE FOR WEIGHT LOSS

Learn to optimize your metabolic rate by walking or biking, using the art of pacing for optimal caloric expenditure.

INTERVAL TRAINING

An aerobic workout on the treadmill utilizing speed and hill interval training.

MEDITATION FOR A CHANGE

Learn techniques to help reduce stress, increase mindfulness, calm your mind, quiet your emotions and help your body relax.

MORNING WALK

Start the day off right with a 30- to 40-minute walk on relatively flat terrain that accommodates all paces up to 4 mph (15 min. per mile). Please bring your water bottle.

PILATES MAT

Promotes muscle balance, core strength and mindful breathing.

POSTURE & BALANCE

Challenge your balance using various equipment & learn take-home exercises.

QI GONG

An ancient practice that uses the breath to strengthen internal organs and gentle movement to calm the mind.

STRENGTH TRAINING

A total body workout using a variety of resistance equipment.

STRETCH & RELAX

Promotes flexibility and breathing, and relaxes tense muscles.

TAI CHI

An ancient Chinese movement practice that helps conserve and develop life energy.

TOTALLY TUBING

Variety of endurance-based exercises using resistance tubing.