A person's hands are raised, framing the bright sun at sunset. The sun is positioned in the center of the hands, creating a lens flare effect. The background shows a desert landscape with rolling hills under a warm, golden sky. The overall mood is peaceful and hopeful.

the week that will change your life

LIFE ENHANCEMENT CENTER®

CANYONRANCH®

The Power of Possibility®

Tucson, Arizona



LIFE ENHANCEMENT PROGRAM 2

CANYON RANCH WEIGHT LOSS PROGRAM 8

CONTINUING MEDICAL EDUCATION 11

GENERAL INFORMATION 13



Enjoy Your Journey

The Life Enhancement Program® is often called the essence of Canyon Ranch because of its educational and motivational focus on wellness and successful aging. Many guests have described it as one of their most meaningful life experiences. This dynamic program helps people achieve optimal health and joyful living through commitment and long-term change. It engages the emotions as well as the intellect.

I hope you'll consider this program to help you develop a personal connection to your desire to be healthy. Only then will you be motivated to make positive lifestyle changes that will last a lifetime.

*Mel Zuckerman
Canyon Ranch Founder*

the life enhancement program

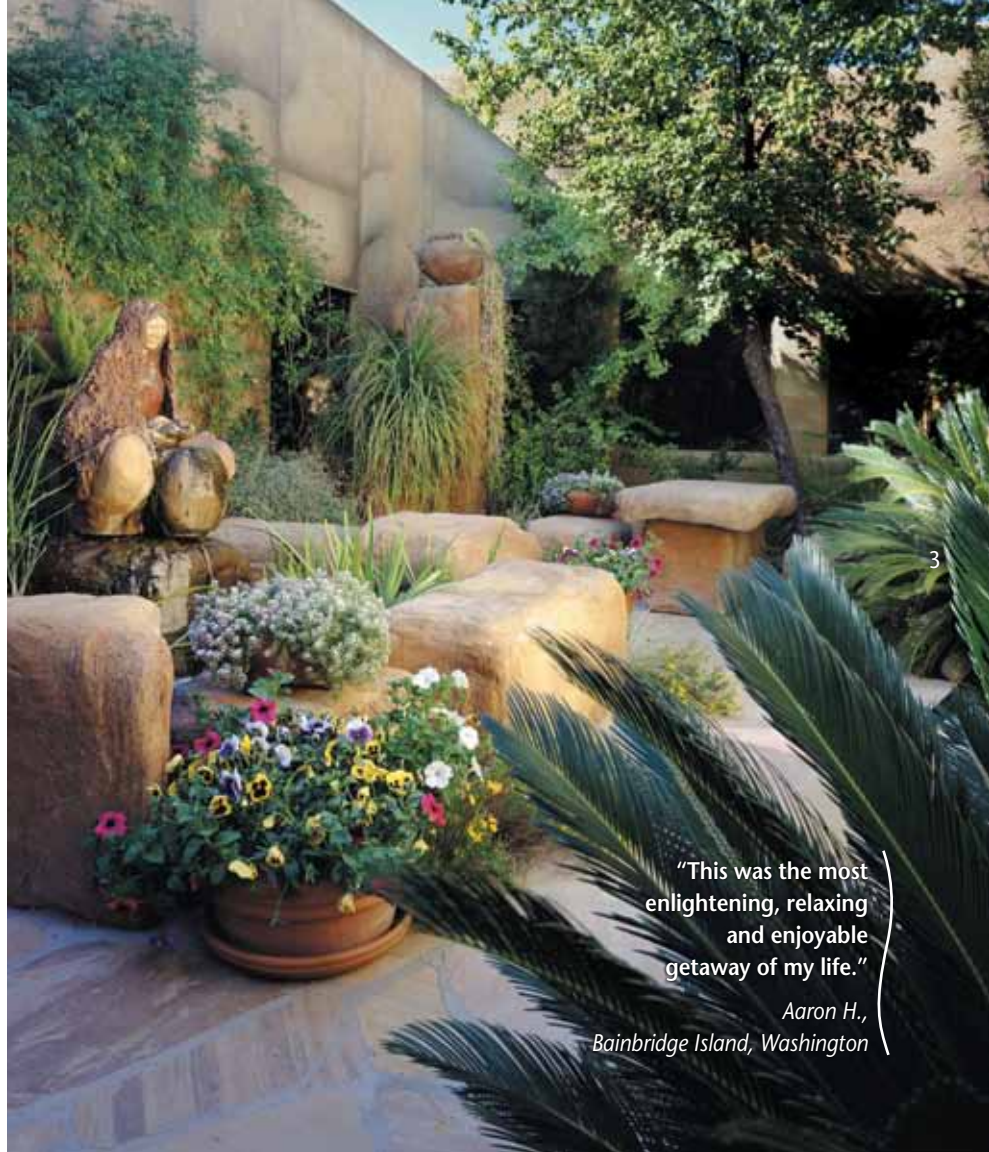
For over 20 years, the Life Enhancement Program® has changed lives for the better. In a nurturing group atmosphere, you'll explore your personal potential, learn practical habit-management and chart a permanent course for a more positive and fulfilling life. Like thousands of guests before you, you'll find an enriching, educational and even transformational experience in the Life Enhancement Program.

2



THE INSPIRING SETTING

Life Enhancement Programs and the Canyon Ranch Weight Loss Program are held in the Life Enhancement Center,[®] a comfortable, intimate, retreat-like setting in the midst of Canyon Ranch in Tucson. As a Life Enhancement Program participant, you'll have complete access to all Canyon Ranch facilities, activities, services and programs, plus exclusive use of the Center's well-equipped gyms, locker rooms, beautiful dining room, lounge and meditation garden.



3

*"This was the most
enlightening, relaxing
and enjoyable
getaway of my life."*

*Aaron H.,
Bainbridge Island, Washington*

LEARN IT. FEEL IT. LIVE IT.

The Life Enhancement Program® is a powerful, weeklong experience designed to help you make lasting lifestyle changes. It offers an organized, in-depth, comprehensive approach to healthy living – staying fit, having fun, finding balance and becoming more the person you want to be.

You'll find that this week is an ideal opportunity to focus on you and bond with others. Enjoy a lively and engaging schedule of daily walks, hands-on classes, group workouts, workshops and discussions. You'll have plenty of time for leisure and personal preferences, too – at Canyon Ranch, the choice is always yours.

4

In addition, you may schedule private consultations with physicians, nutritionists, exercise physiologists, licensed therapists, healing energy practitioners and other world-class health professionals; a generous allowance for spa, sports and integrative wellness services is included in your package.

You'll enjoy the personal attention of the warm, knowledgeable staff at the Life Enhancement Center®, and their guidance in selecting from the practically endless choices available to you. Everything you need to change your life is right here; they are the experts in helping you find it.



THE LIFE ENHANCEMENT PROGRAM IS IDEAL FOR:

- **First-time Canyon Ranch guests** – explore the many facets of Canyon Ranch and the concept of healthy living
- **Solo travelers** – enjoy the relaxed, encouraging camaraderie of a small group, many of whom are also vacationing alone
- **Family members** – bring your spouse, parents or adult children, and learn to support one another's goals

Whether you want to get back on track, start a fitness program, explore alternative therapies or just relax, the Life Enhancement Program is both inspiring and fun. It could be the most meaningful vacation you ever take.



Bill's Journal

Sunday

Well, I must say we've had a very warm welcome - the whole place is comfortable and unpretentious - nothing like the glitzy spa atmosphere I was afraid of. I'm starting to be really glad the woman in Reservations suggested Life Enhancement when I mentioned high blood pressure. I'm looking forward to meeting with the exercise physiologist; Alice is excited about talking with the nutritionist about what she should be feeding.

WHY CHOOSE THE LIFE ENHANCEMENT PROGRAM?

There are as many reasons to participate as there are guests. Some like the personalized attention from a dedicated, caring staff, while others are attracted to the group interaction or the ready-made schedule. Some common motivations include:

- Finding greater balance in life
- Beginning or restarting a fitness program
- Developing healthy eating patterns for life
- Learning stress-management skills for home and work
- Exploring and deepening spiritual practices
- Investigating integrative and alternative approaches to health concerns
- Coming to terms with a life transition, loss or challenge
- Restoring health following an injury, surgery or major illness

Lisa's Journal

Wednesday

Started the morning off right with qigong. The dawn was beautiful with all the birds just waking up. Just being here, away from everything, I sleep so well. This afternoon I worked out with Sally and the rest of the crew in the LEC gym and actually enjoyed it! (That was a first.) Sally did a Shamanic Journey this morning and says to try it. Maybe I will.

YOUR JOURNEY

through the week

The Life Enhancement Program® offers a rich, carefully thought-out schedule of classes, workshops and experiential activities unavailable to other Canyon Ranch guests. At the same time, as a Life Enhancement guest, you'll have complete access to everything that goes on at the Ranch – and plenty of opportunity to pursue your own interests.



canyon ranch

WEIGHT LOSS PROGRAM – *offered most weeks of the year*

One size doesn't fit all. With this personalized, science-based, weeklong program, you'll receive everything you need for long-term success. Metabolic testing and counseling and detailed advice from an integrative team of Canyon Ranch physicians, nutritionists, exercise physiologists, licensed therapists and other integrative healing experts will help you create a comprehensive take-home plan tailored to your needs and goals. Follow-up sessions with the professionals you've connected with are available after your stay.



Maura's Journal

Saturday

8

Got my Resting Metabolic Rate test and talked with the nutritionist today. My metabolism really is slow - I knew it! But I'm learning to burn more calories so I don't have to starve (and they really frown on starvation around here!). Worked out with the group in the gym at the LEC - and it was actually fun. Then I had the best hot stone massage ever. I'm learning to indulge myself with pleasures other than cheesecake.

AN APPROACH TO WEIGHT LOSS SO PERSONALIZED AND EFFECTIVE, IT COULD ONLY BE CANYON RANCH

WHAT YOU'LL FIND

- Metabolic testing and counseling
- Lasting, sustainable weight loss
- Healthy, abundant gourmet food
- Encouragement in becoming more active
- Medical advice and support
- Help in establishing healthy habits
- Accessible follow-up counseling
- A detailed plan for a healthier lifestyle
- A warm, supportive group experience

WHAT YOU WON'T FIND

- Guesswork
- A quick, temporary fix
- Hunger; fad dieting
- Boot camp
- Bullying; disapproval
- One-size-fits-all approach
- Lack of support
- Do-it-yourself planning
- Going it alone

Please check canyonranch.com for dates and details of Weight Loss Program and other specialty weeks, or call 800-742-9000.

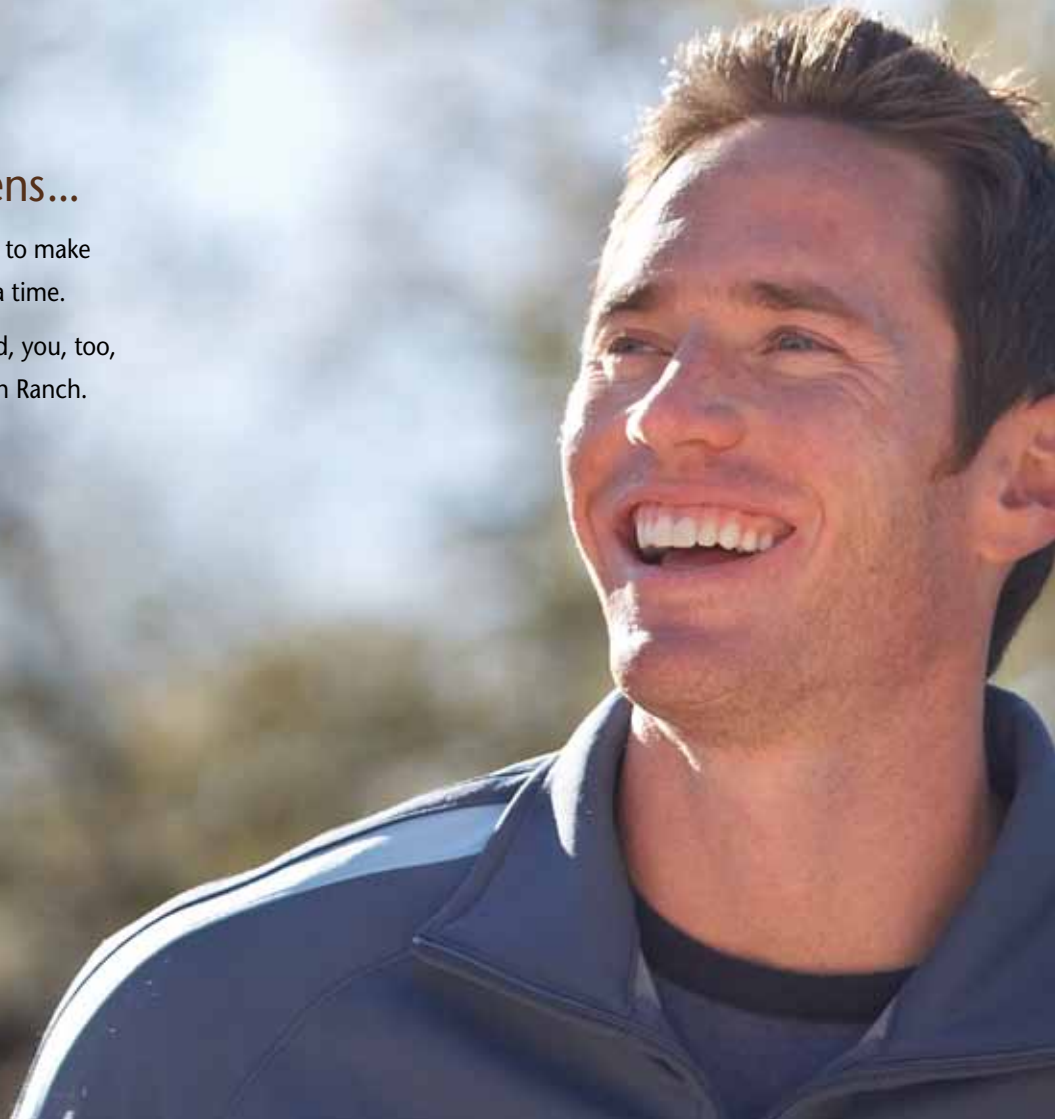


A PLACE WHERE

practical magic happens...

The Life Enhancement Center® vision is to make the world a healthier place, one life at a time.

Whatever you want, whatever you need, you, too, will find it here – at the heart of Canyon Ranch.



continuing medical education

FOR PHYSICIANS

By participating in the Life Enhancement Program® or Canyon Ranch Weight Loss Program, physicians can earn up to 27 Continuing Medical Education credits (additional fee). It's the ideal way to learn about lifestyle medicine for your patients and yourself. The lectures and tutorials have been designed to bridge the perceived "practice gap" and provide physicians with clinical information, tools and resources to enable changes in practice competence and patient outcomes.

EXPERIENCE HEALTHY LIVING FIRSTHAND

This program will enable you to:

- Recommend preventive management methods for lifestyle-related diseases
- Teach patients about self-care and prevention
- Explain how an interdisciplinary team of professionals can work together toward wellness goals

A four-night Continuing Medical Education program is also available when your stay is combined with one of our health packages at Canyon Ranch. Call 800-742-9000 for details.

Accreditation

This activity has 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 this educational activity for a maximum of up to 27 AMA PRA Category 1 Credit(s).™ Physicians should only claim credit commensurate with the extent of their participation in the activity.



CME sponsored by the University of Arizona College of Medicine at the Arizona Health Sciences Center

life enhancement & weight loss programs include:

- Gracious accommodations
- Three healthy, gourmet meals daily, plus always-available snacks
- All classes, workshops, group discussions and fitness activities
- Use of all resort facilities
- Round-trip transfers for Tucson International Airport or complimentary valet parking
- Unlimited local calls, incoming faxes, wired and wireless internet access
- Access to long-distance carriers and toll-free numbers without surcharge
- Allowance toward spa, sports & integrative wellness services such as exercise physiology, fitness & sports, healing energy, life management, metaphysical, movement therapy, nutrition, preventive medicine, beauty salon, skin care, spirituality and therapeutic massage & bodywork.

Weight Loss Program also includes:

- Resting Metabolic Rate test, a non-invasive laboratory assessment that provides accurate information about the calories you burn at rest
- Nutritional consultation to review your RMR results and other nutritional components
- An additional consultation with a nutritionist for detailed weight-loss planning



GENERAL INFORMATION

All programs begin on Sunday.

Programs are under continual development and new ones may be added during the year.

Smoking is permitted only in specified outdoor, non-public areas, and tobacco products are not available for purchase.

Alcohol is not served or permitted in any public areas and is not available for purchase.

Participants in Life Enhancement programs must be at least 18 years old.

As a courtesy to all guests, cell phone use is permitted only in your private room, on your patio, under the Gazebo in front of the Ranch Store, in the phone booths in the Clubhouse and on the patio outside Gyms 7 and 8.



ABOUT CANYON RANCH IN TUCSON

Since 1979, Canyon Ranch has set the standard for healthy vacations. In breathtaking natural surroundings – the resort rests on 150 acres in the foothills of 9,000-foot mountains that tower above the spectacular Sonoran Desert floor – guests enjoy year-round sunshine and all the luxury of a world-class resort while discovering paths to healthier, more joyful living. Consistently recognized as the world’s greatest health and fitness resort by leading publications and savvy travelers, award-winning Canyon Ranch in Tucson offers an absolutely unequalled breadth and depth of possibility and quality of experience.

An all-inclusive Canyon Ranch stay truly is the vacation of a lifetime.

CANYONRANCH®

The Power of Possibility®

canyonranch.com

800-742-9000

8600 E. Rockcliff Road
Tucson, Arizona 85750