# Focus on Brain Health

## Sample Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 AM</td>
<td>Welcome!</td>
<td>Morning Walk followed by Meditation</td>
<td>Morning Walk followed by Qi Gong</td>
<td>Sabino Canyon Hike</td>
<td>Morning Walk followed by Meditation</td>
<td>Tai Chi followed by Guided Imagery</td>
<td>Morning Walk</td>
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<tr>
<td>7:30 AM</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8 AM</td>
<td>The Journey of Transformation</td>
<td>Your Brain on Exercise</td>
<td>Collective Wisdom: Brain Health Panel</td>
<td>The Bittersweet Truth About Sugar</td>
<td>Take Home Planning</td>
<td>Celebration!</td>
<td></td>
</tr>
<tr>
<td>9 AM</td>
<td>8 AM</td>
<td>9 AM</td>
<td>10 AM</td>
<td>11 AM</td>
<td>Noon</td>
<td>1 PM</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Morning Walk followed by Meditation</td>
<td>Getting from Knowing to Doing</td>
<td>Your Brain on Exercise</td>
<td>The Science &amp; Skills of Longevity &amp; Vitality</td>
<td>30 Days to a Better Brain</td>
<td>30 Days to a Better Brain</td>
<td>30 Days to a Better Brain</td>
</tr>
<tr>
<td>10 AM</td>
<td>Stride &amp; Strength</td>
<td>Strength Training</td>
<td>Interval Training</td>
<td>Aquatic Fitness</td>
<td>Collective Wisdom: Brain Health Panel</td>
<td>Collective Wisdom: Brain Health Panel</td>
<td>What’s Good for the Heart is Good for the Head</td>
</tr>
<tr>
<td>11 AM</td>
<td>8 AM</td>
<td>9 AM</td>
<td>10 AM</td>
<td>11 AM</td>
<td>Noon</td>
<td>1 PM</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>NOON</td>
<td></td>
<td>1 PM</td>
<td>2 PM</td>
<td>3 PM</td>
<td>4 PM</td>
<td>5 PM</td>
<td>5:30 PM</td>
</tr>
<tr>
<td>1 PM</td>
<td></td>
<td>2 PM</td>
<td>3 PM</td>
<td>4 PM</td>
<td>5 PM</td>
<td>5:30 PM</td>
<td></td>
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<tr>
<td>1:30 PM</td>
<td></td>
<td>4 PM</td>
<td>5 PM</td>
<td>5:30 PM</td>
<td>7 PM</td>
<td>8 PM</td>
<td>9 PM</td>
</tr>
<tr>
<td>2 PM</td>
<td>30 Days to a Better Brain</td>
<td>Boost Your Brain Power</td>
<td>Cognitive Vitality</td>
<td>Orientation</td>
<td>7 PM</td>
<td>8 PM</td>
<td>9 PM</td>
</tr>
<tr>
<td>3 PM</td>
<td>Stretch &amp; Relax</td>
<td>Pilates Mat</td>
<td>Totally Tubing</td>
<td>8 PM</td>
<td>9 PM</td>
<td>10 PM</td>
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</tr>
<tr>
<td>4 PM</td>
<td>Orientation</td>
<td>Maximize Brain Function Through Nutrition</td>
<td>Are We Wired for Happiness?</td>
<td>9 PM</td>
<td>10 PM</td>
<td>11 PM</td>
<td></td>
</tr>
<tr>
<td>5 PM</td>
<td>Starting Point</td>
<td>Are We Wired for Happiness?</td>
<td>Change: The Nature of Our Experience</td>
<td>10 PM</td>
<td>11 PM</td>
<td>12 PM</td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Dinner</td>
<td>Dinner</td>
<td>Dinner available in the Clubhouse Dining Room or Double U Café Tuesday to Friday, 5:30 – 8pm. Reservations are required in the Clubhouse Dining Room.</td>
<td>11 PM</td>
<td>12 PM</td>
<td>1 PM</td>
<td></td>
</tr>
</tbody>
</table>

### Key:
- **Core Curriculum**
- **Fitness & Wellness Activities**

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**LEC Dining Room**

Dinner available in the Clubhouse Dining Room or Double U Café Tuesday to Friday, 5:30 – 8pm. Reservations are required in the Clubhouse Dining Room.
FOCUS ON BRAIN HEALTH

THE JOURNEY OF TRANSFORMATION
Slow down, take a deeper look at yourself, and get inspired by a Canyon Ranch spiritual wellness provider to create a holistic vision of your health and wellness that will transform the way you live.

THIRTY DAYS TO A BETTER BRAIN
In this extraordinary lecture, you’ll be shown how we can keep our brains young for as long as possible; offering winning strategies to stave off cognitive decline, improve cardiovascular fitness, and enjoy better all-around health.

MAXIMIZE BRAIN FUNCTION THROUGH NUTRITION
Mental function needn’t decline with age. Join in on this discussion of eating patterns, foods and nutrients that will help protect your memory and cognitive function.

GETTING FROM KNOWING TO DOING
Change is an important part of life, but that doesn’t mean it’s easy. Explore ways to understand where you are now in your life, how to make change happen, and how to “do” what you intend to do.

BOOST YOUR BRAIN POWER
A Canyon Ranch internist and integrative medicine expert will show you how to enhance your memory, creativity and problem-solving abilities and boost your brain power.

ARE WE WIRED FOR HAPPINESS?
Happiness is something we all try to achieve - but how do you do it? With a nod to evolution, our ancestors and the latest brain research, we’ll take a look at how to cultivate lasting happiness.

YOUR BRAIN ON EXERCISE
Exciting new research shows that exercise can increase the production of BDNF, which acts as a “brain fertilizer.” Discover how exercise improves your brain’s ability to learn and remember.

THE SCIENCE & SKILLS OF LONGEVITY & VITALITY
Our life expectancy today is greater than ever before – but what’s the best way to spend those years? Explore ways to age with health and vitality as we examine science and clinical practices. Most important, you’ll learn the role of happiness in optimizing both longevity and quality of life.

COGNITIVE VITALITY
Learn more about brain health and the causes of dementia and decreased vitality. A Canyon Ranch physician will address types of cognitive decline, prevention and treatment options for maintaining healthy brain function.

CHANGE: THE NATURE OF OUR EXPERIENCE
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.

COLLECTIVE WISDOM: BRAIN HEALTH PANEL
Join in on a lively and informative discussion about the latest innovations on brain health. An integrative team of Canyon Ranch health professionals from the areas of medicine, nutrition, exercise physiology, behavioral and spiritual wellness, will share their insights and give you practical strategies for living life to its fullest.

SPIRITUALITY & THE BRAIN
Explore the active role of the brain in spiritual experience and how spiritual practice can improve brain health. Discover how stress can be a barrier to your spiritual growth and learn exercises for body, brain and spiritual health.

THE BITTERSWEET TRUTH ABOUT SUGAR
The average US consumption of added sugar is an astounding 156 pounds per person per year. A Canyon Ranch nutritionist will discuss how to break the sugar habit and explore the effects of sugar and sweeteners on brain health, insulin and diabetes, heart disease, weight and mood.

FITNESS CLASSES

BURDENKO® WATER WORKOUT
The original water workout by Igor Burdenko emphasizes balance, coordination, flexibility, endurance, speed, and strength. Water vests make this an excellent practice for all levels, including those with little swimming experience.

CARDIO CIRCUIT
Partake in an aerobic circuit workout using cardio machines and strength equipment.

INTERVAL TRAINING
Participate in this aerobic workout on the treadmill utilizing speed and hill interval training.

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

TAI CHI
Tai Chi is a slow-motion, moving meditative exercise for relaxation, health and self-defense.

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

SAMPLE SCHEDULE

THE BITTERSWEET TRUTH ABOUT SUGAR
The average US consumption of added sugar is an astounding 156 pounds per person per year. A Canyon Ranch nutritionist will discuss how to break the sugar habit and explore the effects of sugar and sweeteners on brain health, insulin and diabetes, heart disease, weight and mood.

WHAT’S GOOD FOR THE HEART IS GOOD FOR THE HEAD
Join a Canyon Ranch physician as they discuss how optimizing heart health can decrease your risk of dementia and stroke and improve your cognitive function.

TAKE HOME PLANNING: WHERE ARE YOU GOING?
Share ideas and insights, and then turn inward to develop a personal roadmap for the journey back to your life outside of Canyon Ranch improves your brain’s ability to learn and remember.

PLATES MAT & MORE
Learn Pilates principals of movement using the magic circle, towel work and mat exercises. A Pilates instructor will help you find your correct form, alignment and form.

STRENGTH TRAINING
You’ll be given strength training information followed by practice with free weights and resistance equipment.

STRETCH & RELAX
Improve total body flexibility.

SABINO CANYON HIKE
Walk in the beauty of Sabino Canyon with no goal but to be outdoors in the company of other LEC guests. You will encounter some short steep hills as you saunter on this paved route.

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

QI GONG
This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind.

PIATES MAT & MORE
Learn Pilates principals of movement using the magic circle, towel work and mat exercises. A Pilates instructor will help you find your correct form, alignment and form.

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

CANYONRANCH.