Gain clarity, confidence and vision at Canyon Ranch, where distractions fade away and you always come first.

By adding a Focused Wellness Experience to your all-inclusive Canyon Ranch stay, you’ll have the time and expertise you need to explore your health.
You are the complex sum of all your experiences, health history and lifestyle habits – which is how our professionals approach you. This whole-person approach is at the core of integrative health care at Canyon Ranch.

**Have a health concern?** Our specialists each spend ample time with you – so they can move beyond the standard questions to really understand your health profile and plan for your healthiest future.

**Feeling great?** Let’s keep it that way. While your body may forgive mega-stress, lack of sleep and poor eating habits today, our experts look at how that could affect you 10 years from now. Or next month.

Our integrative team includes experts in medicine, nutrition, fitness, lifestyle and complementary disciplines. And everybody shares one goal: to help you achieve optimal wellness.

*Health is your wealth. Invest in you.*
A HEALTHY FOUNDATION

Every Canyon Ranch vacation is inspiring from the start. Your stay includes fitness classes, outdoor adventures, nutritious cuisine, lifestyle presentations, cooking demos and an allowance for spa treatments, sports training, workshops, wellness consultations and memorable extras.

Adding a **Focused Wellness Experience** allows you to zero in on your purpose, with personalized support and your own team of experts. Plus, Canyon Ranch is the perfect place to put your healthy new habits into practice.

OPTIMAL YOU packages

Canyon Ranch Tucson | Canyon Ranch Lenox

When you add an **Optimal You Package** to your Canyon Ranch stay, the experience you select will include services that suit you perfectly. Create a custom program focused on:

- **WEIGHT LOSS**
- **STRESS MANAGEMENT**
- **PERSONALIZED MEDICINE**
- **SPIRITUAL WELLNESS**
- **PAIN REDUCTION**
- **PRE- OR POST-SURGERY**
- **HEALTHY AGING**
- **SEXUALITY & INTIMACY**
- **LIFE TRANSITIONS**
- **DIABETES MANAGEMENT**
- **SLEEP**
- **MINDFULNESS**
Your **Optimal You Package** is an individual, elevated Canyon Ranch experience. It starts as soon as you choose one of our focused packages:

1. **You’ll have an in-depth phone conversation with your Personal Wellness Advisor.**
2. **Your Personal Wellness Advisor will assemble your wellness team in advance.**
3. **Before your arrival, your wellness team meets to strategize the perfect experience for you. They’ll review your goals, history and personal preferences. Then they’ll identify the services that would most benefit you. Your Personal Wellness Advisor will summarize their suggestions to help you confirm your schedule.**
4. **Upon arrival, you’ll meet with your Personal Wellness Advisor to review your schedule and make sure it meets your expectations.**
5. **Next, you’ll meet individually with your wellness team members. These are usually 50-minute sessions, so you can examine a concern without feeling rushed. Your team might include a physician, nurse, nutritionist, exercise physiologist, behavioral counselor, spiritual wellness expert or other specialists. You could have in-depth consultations, health assessments, lab tests, therapeutic sessions or private instruction.**
6. **You’ll receive a personalized plan to reach your goals.**
7. **Follow up? Of course. We’re able to communicate with you or with your permission, we’re able to communicate with your health care provider at home.**
Shine a bright light on weight concerns in this concentrated, independent program. You’ll benefit from advanced testing and health consultations to assess factors such as body composition, food preferences, personality, lifestyle and physiology. You’ll take home a personal plan you can follow with confidence.

When you add the 4-night New Approaches to Weight Management to your all-inclusive Canyon Ranch stay, your experience includes:

- Pre-arrival consultation with a Personal Wellness Advisor
- Initial consultation with a Nurse Educator
- 25-minute consultation with a physician
- Bod Pod® body composition test and review with exercise physiologist
- Resting Metabolic Rate measurement
- Two-part Metabolic Exercise Assessment
- Nutrigenetics lab test
- Two Nutrition for Weight Loss consultations
- One Life Management consultation
- 25-minute wrap-up session with a Nurse Educator

Be a winner at losing.
7-NIGHT CANYON RANCH WEIGHT LOSS program

Tucson | Lenox

Our personalized, science-based program is all about finding a weight loss approach that works for you. It’s about adopting a healthy lifestyle, nutrition and fitness. When appropriate, our professionals may order advanced tests on property, such as a deep-dive look at gluten sensitivity or genomics testing.

**TUCSON group weight loss experience** – Offered at the intimate Life Enhancement Center®, this approach combines mutual support and group dynamics with a personalized experience focused on your goals. The program is offered frequently throughout the year and includes:
- A generous allowance for spa treatments, diagnostics and lab tests expertly curated for your goals.
- Presentations by top experts on sustainable weight loss.
- Group discussions, interactive classes, outdoor activities.
- Nutritious dining plus take-home cooking tips.
- Medical advice and support – individual and group.
- Guidance in establishing healthy habits.
- A supportive, fun setting.
- Group camaraderie that can foster enduring relationships.
- A customized take-home plan for sustainable weight loss.
- Time to explore Canyon Ranch activities.
- Accessible follow-up coaching; with your permission, using electronic medical records, we’re able to communicate directly with you or your health care providers at home.

**LENOX independent weight loss experience** – This approach allows you to arrive on any day and arrange the full roster of classes and consultations as you like. Your completely personalized schedule program includes:
- DEXA Body Composition scan with a physician.
- Exercise for Weight Loss & Body Definition.
- Mind Over Mealtime, part 1.
- Mind Over Mealtime, part 2.
- A generous allowance for spa treatments, select experiences, personal consultations and other services.
- Personalized weight loss plan.
- First-hand experience in nutritious dining and cooking.
- Encouragement to become more active.
- Personal medical advice.
- Nurturing, all-healthy environment.
- A personalized take-home plan for weight management.
- Accessible follow-up coaching; with your permission, using electronic medical records, we’re able to communicate directly with you or your health care providers at home.
7-NIGHT LIFE ENHANCEMENT program

at the Life Enhancement Center® in Tucson

From the moment you arrive, the dedicated Life Enhancement Program® team members wrap their arms around you with support, appreciation and motivation. You quickly realize that this experience fortifies mind, body, spirit and community.

You’ll benefit from the perfect balance of personalized experiences and the program’s special ingredient, group dynamics. You’ll be among people who share common interests. Supported and encouraged; understood and accepted. Focused on your goals, but you’re not in this alone.

In group activities – from morning walks to cooking classes – lasting friendships often take root. The can-do energy is contagious.

Your rich daily schedule includes fitness classes, outdoor activities and lectures with physicians, nutritionists and other health experts. You’ll have private consultations with wellness professionals to concentrate on your concerns. And there’s personal time for your own interests – take a swim, paint a landscape, let loose in dance class.

Ultimately, you’ll take home a personal plan for greater health. And you’ll be on your way to transformative wellness: That’s when your perception evolves from a current state – I feel well today – to a consistent sense of being – I am well.

We had a celebration at the end of the week and we all talked about how we would leave here different people.

The program is serious, the experience is fun.

It was a life-changing experience for me.

– Lori L., Kansas

– Richard L., Kona, Hawaii
FOR THE EXPLORER IN YOU
Delve deeper into a topic that interests you, guided by experts and supported by like-minded guests. Specialty Weeks are held at the Life Enhancement Center® throughout the year on topics such as:
- Mindfulness
- Women’s Health
- Brain Health
- Spiritual Wellness
- Healthy Teens & Families

Call Reservations at 800.742.9000 for dates and details, or explore our specialty weeks on the Life Enhancement Center website.

YOUR GROUP, YOUR PLACE – LEC
If you have a group with a common interest, we’ve got the place, the team and facilities to excite them. They might be foodies, dancers, artists, triathletes. Or spiritual seekers, hiking friends, or business colleagues who want a healthy, productive retreat.

Reserve the Life Enhancement Center exclusively for your group. With hundreds of activities available and diverse expertise, we can customize a program just for you.

Tell us what you’d like. We make things happen.
Call 877.516.2325.

CME CREDITS FOR PHYSICIANS
Learn through lectures. Learn first hand. Learn for life. Because of the proven success of our lifestyle medicine approach, physicians are rewarded for experiencing Canyon Ranch.

Explore ways you can incorporate integrative care and wellness strategies into your medical practice – and your life. Physicians earn up to 79 AMA PRA Category 1 Credit(s)™ in continuing medical education for participating in programs at the Life Enhancement Center or in approved independent programming at Canyon Ranch in Tucson or Lenox.

It’s a great way to expand professionally, with benefits for your patients, your practice and you.
EXECUTIVE HEALTH PACKAGE

Tucson | Lenox

TAKE CHARGE OF YOUR MOST VALUABLE ASSET

Experience a comprehensive health assessment that goes beyond all expectations. In this stress-free environment, take advantage of the leading-edge specialists and the diagnostic evaluations, risk-factor analysis and preventive tools that can enhance the rest of your life.

Your Executive Health Package starts with an in-depth, pre-arrival conversation with a Personal Wellness Advisor, who then presents your medical history, intention and focus to a health team curated specifically for you. They meet for a case conference, and their strategic recommendations will help you select the right services for your personalized program.

When you add the Executive Health Package (EHP) to your all-inclusive Canyon Ranch stay, your experience includes:

- Pre-arrival consultation with Personal Wellness Advisor.
- Initial consultation with a Nurse Educator.
- 75-minute, comprehensive history and physical by your EHP physician
- Nutrition consultation.
- Exercise physiology consultation with customized exercise prescription.
- Healthy lifestyle consultation.
- Comprehensive diagnostic laboratory testing.
- DEXA body composition.
- Hearing and pulmonary function testing.
- Noninvasive cardiovascular profile assessment.
- Resting and exercise EKGs including cardiometabolic stress test with a physician.
- Cognitive assessment.
- Private mind-body personal training – choice of yoga, tai chi, qi gong, meditation or breathing.
- 50-minute follow-up with your EHP physician.
- On-site wrap-up session with Nurse Educator to review status, answer questions and summarize your plan. Folio with test results and comprehensive recommendations.
- Follow-up summary letter and flash drive with all final test results, assessments, lab results and recommendations from specialists.
- At-home follow-up. With electronic medical records, we’re able to communicate directly with you or your health care providers at home.

Give your health the time and attention it deserves. Enjoy the benefits for a lifetime.