

CANYON RANCH.

Five Easy Ways To Take Control of Your Well-Being By Canyon Ranch Health & Wellness Experts

June 2018 – Many of us never stop to think about our health until something goes wrong. This strategy can be costly—not just in terms of money, but also in how it prevents us from optimizing our physical and emotional health, which can set the stage for complications and the onset of chronic conditions down the road. Being proactive about your health and taking small steps to change behaviors can have a large impact long-term. Canyon Ranch Health & Wellness experts suggest the following simple tips to take control of your well-being.

1. Eat Mindfully



What if you took a whole new approach to how you consume food, one that's more "mindful" and less rushed and distracted? The idea is to slow down and pay attention to what you're eating or drinking and to your hunger cues. Nutritionists believe that being more aware of what you're serving and consuming can help you be more moderate (*Maybe I should put just a handful of these chips in a bowl rather than eating them straight out of the bag*) and help you notice and enjoy the pleasures of healthy eating (*These strawberries are so sweet!*) so you'll do it more often. If you're actually paying attention to

your meal—instead of checking your phone between bites, for example—you'll be more likely to recognize when you're getting full.

Our fast-paced lives make it hard to bring our full awareness to our meals, but here's an easy adjustment you can make to hit pause and focus on the food in front of you: Take a few long, deep breaths when you sit down to your meal and then give thanks (either silently or aloud) for the bounty.

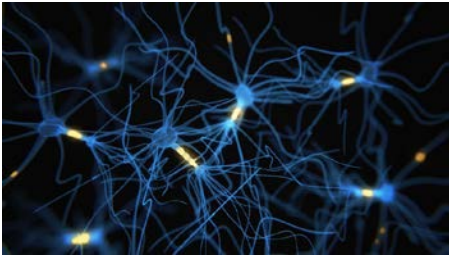
2. Snag A Little Extra Sleep



Whether it's because of a hectic schedule or the allure of a TV show marathon, many of us miss out on getting the recommended seven to nine hours of sleep every night. Prioritizing just one more hour of rest can make a big impact if you're just falling short.

Researchers at The University of Surrey in England found that when study subjects slept six-and-a-half hours a night, the activity of genes associated with inflammation, immune response, heart disease, diabetes and cancer increased, but the reverse happened when the volunteers slept for an extra hour. Just 60 minutes of bonus sleep each night is also associated with a whopping 33 percent lower risk of having coronary artery calcification, a risk factor for heart disease, according to a study in the *Journal of the American Medical Association*.

3. Challenge Your Brain



Studies show that mentally stimulating activities may help reverse cognitive decline. Just as lifting dumbbells strengthens your muscles, keeping your mind engaged seems to increase the brain's vitality and may build its reserves of brain cells and connections. Do stimulating activities that you enjoy: Read, write, put together a jigsaw puzzle, work on crosswords...it all counts.

4. Create Your Own Spiritual Ritual



to create your own rituals to keep you spiritually fit.

Every day, we practice rituals—we brush our teeth, eat breakfast, watch our favorite news program. We do them with ease and often without much thought. Spiritual rituals hold more meaning—they resonate with us—and it's important for our spiritual health and overall happiness to engage in some on a regular basis. Even simple rituals can be made spiritual through our intention to bring love and awareness to them. The meaning and repetition you can bring to it help to remind you that it's sacred. From Practicing Gratitude and forgiveness to enjoying a hobby, or setting your intention each day, take time

5. Take 60 Second to Meditate



Think you need 30 minutes in a quiet, dark room to get into the meditation frame of mind? Not necessarily. You can calm and center yourself anytime, anywhere, in the form of 60-second meditations. These are simple acts that carry the same health benefits as longer sessions of meditation—stress reduction, improved mood, and increased energy and immunity among them—but only take a few moments. From giving your attention completely to one daily task to focusing briefly on your breathing, try these 60-second meditations for a moment of head-clearing calm whenever you need it.

Join us at Canyon Ranch in Lenox this summer and take advantage of our many wellness programs to focus on weight management or a specific health concern.

- Executive Health Package- a 4-day comprehensive, integrative health assessment for the best in preventive care.
- Weight Loss Program - this 7-day program will jumpstart your weight loss and give you a personalized program focused on movement, nutrition and your mind.

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations and residences in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® and The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch spa + fitness At Sea® wellness facilities onboard luxury cruise lines: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best

Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.