

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Check in at the Life Enhancement Center® by 4 p.m. for Orientation.	Morning Walk	Morning Walk	Morning Walk	Morning Walk		Morning Walk
7 am						Qi Gong followed by Meditation	
8 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9 am			Meditation for a Change	Healthy Weight Overview			Take-Home Planning
10 am			Exercise for Life!	Exercise for Weight Loss	Transformation from Within	Where's the Joy?	Celebration
11 am			Introduction to Stride & Strength	Stride	Your Self Behaving	Stride & Strength	Cardio Circuit
12 pm			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				Joint Freeing	Pilates Mat	Stretch & Relax	Yoga Stretch
4 pm		Orientation	Think Before You Eat	Roadmap for Change		Turning Point	
5 pm		Starting Point					Tai Chi
6 pm		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

KEY = Core Curriculum Fitness & Wellness Activities

# Your Life Enhancement Program®

## Monday

### THE JOURNEY BEGINS

Step back and take a deeper look at your vision of health and wellness. One of Canyon Ranch's spiritual guides 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

### 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.

### ROADMAP FOR CHANGE

Most of us already know what we should do differently in order to live healthier, more balanced lives; what's missing is a roadmap for manageable change. In this session, you'll learn to apply principles and strategies that really work to one or more specific health behaviors that you want to change.

## 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, come 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

### CARDIO CIRCUIT

Aerobic circuit workout using cardio machines and strength equipment.

### EXERCISE FOR WEIGHT LOSS

Learn to optimize your metabolic rate by walking or biking. We'll discuss the art of pacing for optimal caloric expenditure using intervals to improve your pace and ability to ascend hills, all without exceeding moderate intensity.

### INTRODUCTION TO STRIDE & STRENGTH

Treadmill work followed by strength and muscular endurance training.

### JOINT FREEING

Reduce stress, improve circulation, increase flexibility and deepen your path to better health with a therapeutic yoga practice.

### 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 minutes per mile). Please bring your water bottle.

### PILATES MAT WORK

Promotes muscle balance, core strength and mindful breathing.

### QI GONG

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

### STRETCH & RELAX

Promotes flexibility, breathing and relaxation.

### STRIDE

A great aerobic workout on the treadmill.

### TAI CHI

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

### YOGA STRETCH

A mindful approach to stretching with awareness of the body and breath.

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