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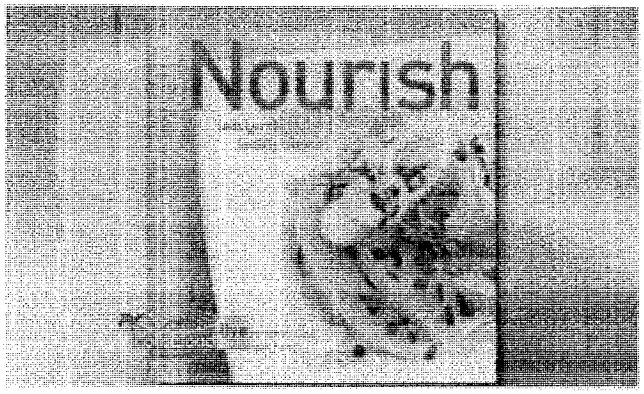

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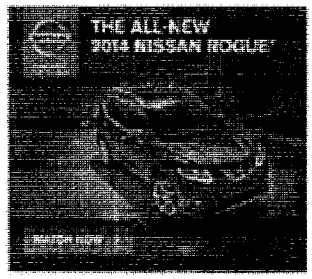

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Get Bikini Body Ready With Chef Scott Uehlein!

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Family-Friendly, Budget-Friendly Healthy Foods From Canyon Ranch

Parents know that feeding their children the most nutritious food possible can be a bit more expensive than unhealthier options. Canyon Ranch's corporate Chef Scott Uehlein joins Billy Bush and Kit Hoover on Access Hollywood Live to share recipes that... more

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Canyon Ranch Chef Scott Uehlein demonstrates how to make some healthy delicious quick meals!

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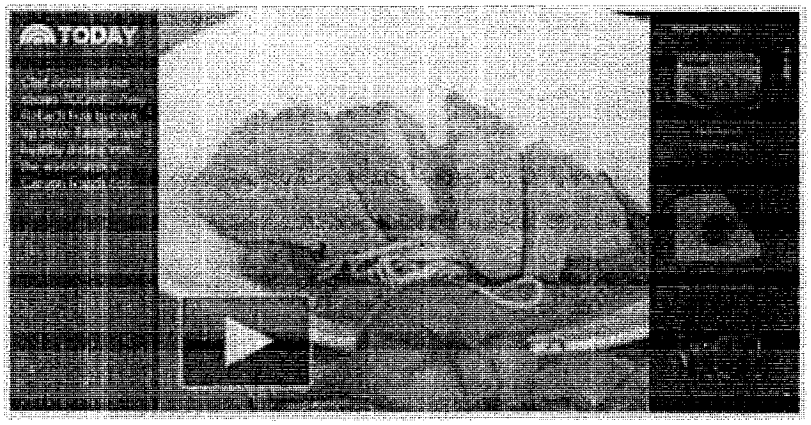

TODAY recipes
updated 4/22/2009 5:55:33 PM ET

Need a little relaxation in the kitchen? Steal some tasty and easy-to-make recipes from the world-famous Canyon Ranch Spa. In the new cookbook "Canyon Ranch: Nourish," executive chef Scott Uehlein shares more than 200 flavorful dishes that integrate the spa's commitment to health and wellness. Find out how make two delicious palate pleasers: chicken stuffed with caramelized garlic and chunky tomato sauce.

Recipe: Chicken stuffed with caramelized garlic (on this page)

Recipe: Chunky tomato sauce (on this page)

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TV by the Numbers

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MORNING NEWS TV RATINGS

As Its Late Night Stumbles, NBC's Today Show Extends Ratings Lead

Categories: Morning News TV Ratings

Written By Bill Gorman
October 26th, 2009

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As badly as NBC is doing in late night so far this fall, they're still doing very well in the morning:

For its most recent week ending, NBC's "The Today Show" not only continues to lead all comers, but it has pushed its lead over ABC's "Good Morning America" by 1.5 million total viewers. That is the largest margin the "Today" show has had over "GMA" in three years.

"Today" has 5.5 million viewers, according to The Nielsen Co.; "America", 4.0 million; and CBS' "The Early Show", 2.8 million for the week ending Oct. 16. Among the key adults 25-54 demographic, things also went NBC's way with a 2.1 rating; ABC at a 1.3; and CBS at a 0.9.

via MediaDailyNews

NBC used to be able to tout three areas of broadcast ratings leadership, morning show, evening news and late night.

Now for NBC, I guess two out of three ain't bad!

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Tonight in Prime Time

	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM
ABC	The Middle NEW	Super Fun Night NEW	Modern Family NEW	Super Fun Night NEW	David Blaine: Real or Magic	
CBS	2 Broke Girls	2 Broke Girls	The 40th Annual People's Choice Awards LIVE			
NBC	Revolution NEW		Law & Order: Special Victims Unit NEW		Chicago PD NEW	
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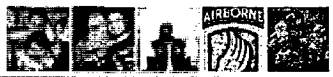

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New Episode of 'Oprah: Where Are They Now?' Featuring Ralph Macchio, Tia & Tamera Mowry & More Friday, January 10 on OWN (Video)

Pre-Olympic Special 'Shaun White: Russia Calling' Set to Air Saturday, January 25

A&E's 'Bad Ink' Season 2 to Premiere Monday, January 20 at 9 PM

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'Intelligence' is the Most-Watched New Series Premiere of the Season With 16.6 Million Viewers

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'The Pete Holmes Show' Renewed for 13 Weeks by TBS

In First Post-'The Voice' telecast, 'Chicago Fire' Rates Within 0.1 of the Timeslot Lead

ABC's 'Marvel's Agents of S.H.I.E.L.D' Returns Up in Viewers

31st Annual PaleyFest Full Lineup Announced Including 'Sleepy Hollow', 'Marvels Agents of S.H.I.E.L.D.' & 'The Originals'

TV Ratings Tuesday: Decent Start for 'Intelligence', 'Killer Women' DOA, 'Marvel's Agents of S.H.I.E.L.D.' Ties Low, 'New Girl' Down, 'The Goldbergs' & 'Dads' Up

BBC America to Air the BAFTA Awards on Sunday, February 16

'The Real Housewives of New York City' Season Six to Premiere Tuesday, March 11 on Bravo

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MORNING SHOW RATINGS

Morning Show Ratings: 'Today' Makes It 14 Years at #1

By kevin on December 11, 2009 8:43 AM

With last week's ratings, NBC's "Today" show marked 14 years as the top rated morning news program, the longest current winning streak in broadcast television for any program in any daypart.

The streak began December 11, 1995.

Last week, "Today" also had its largest lead over ABC's "Good Morning America" in total viewers since September of 2006.

The averages for the week of Nov. 30:

Total Viewers: NBC: 5.72M / ABC: 4.24M / CBS: 2.73M

A25-54 Rating: NBC: 2.1 / ABC: 1.4 / CBS: 0.9

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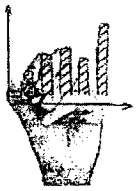

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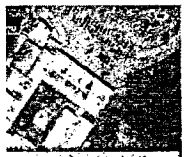

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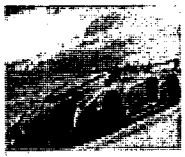

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sprizz324 · a month ago

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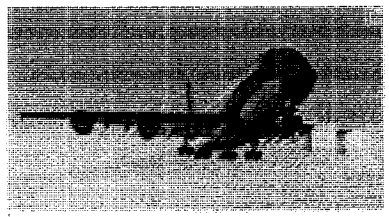

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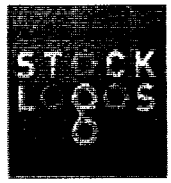

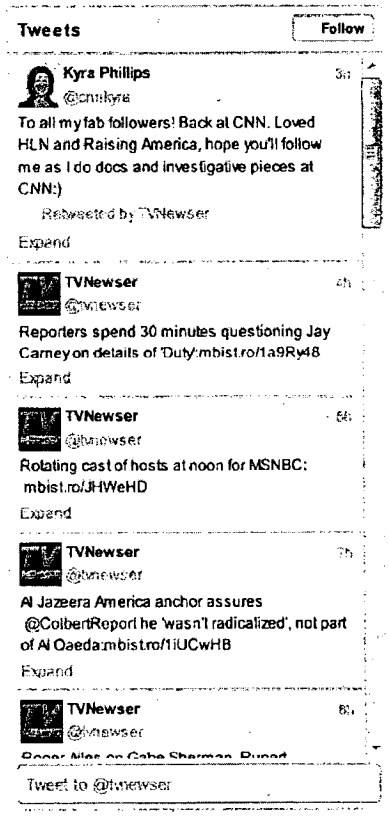

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COSMOPOLITAN november 1994

Spas for the Cosmo Girl

Active, healthy vacations are hot!

The Peaks at Telluride, Telluride, CO

The perfect vacation for fitness fanatics—you can ski in the winter, hike, mountain-bike, ride horseback (with real-life cowboys!), even fly-fish once the snow melts. Enticing body treatments utilize Rocky Mountain wildflowers, other local ingredients. And this former gold-mining town is happening—you might bump into Tom Cruise, Oprah, Christie Brinkley and new beau. (303) 728-6800

PGA National Resort and Spa, Palm Beach Gardens, FL

Golf is a booming sport, great way to meet men. Want to learn to play? This is the place. Besides championship courses, there's a tennis academy, amazing fitness center, super spa complex complete with therapeutic, mineral-water-filled pools. The resident nutritionist, author of *The Anti-Cellulite Diet*, is a real dynamo, even approves of chocolate. And Cosmo's beauty director loved the leg-contouring treatment. (800) 843-7727

Green Valley Spa and Tennis Resort, Saint George, UT

What better way to start a morning than hiking through spectacular red rock canyons? The scenery here is outrageous, and guests have been known to lose two inches off each thigh in a week. Resort also includes The Vic Braden Tennis Academy. Each afternoon, you relax in the incredibly spiritual spa center, where each treatment begins with a flower-filled Jacuzzi bath. The Native American Program is a real mind opener. (800) 237-1068

Rancho la Puerta, Tecate, Mexico

A less-pricey version of the famed, luxurious Golden Door (same owners). Both spas share fitness instructors. (They're terrific!) The hiking program is great too. Most guests lounge around the pool during the afternoon (this is, after all, Mexico). Food is vegetarian, south-of-the border style. People get addicted to this spa, even bring back boyfriends and husbands for special couples' weeks. (800) 443-7565

* Canyon Ranch, Tucson, AZ, Canyon Ranch in the Berkshires, Lenox, MA

Candyland for health freaks. Exercise highlights include morning walks, innovative and challenging fitness classes, tennis, basketball, hiking, biking, and canoeing. Besides the regular spa stuff, there's a full staff of behavioral and medical experts. The Ranch is a bit of an indulgence, but something to save up for, because a visit could really change your life. The food is fantastic—a full menu to choose from, plus salad and pasta bars. (800) 726-9900

Lake Austin Spa Resort, Austin, TX

Spa followers are buzzing about this former fat farm turned well-priced fit farm. Peaceful lakeside facility is newly renovated, and the food is supposedly delicious (Cosmo hasn't been there yet). Keep an eye on this one. (800) 847-5637

The Greenhouse, Arlington, TX

Another splurge. Female-only pampering palace is known for ultradecadent beauty treatments, great workouts. Spa often imports top beauty and fitness experts, such as famed hairstylist Frederic Fekkai and fitness guru Radu (he once brought along Cindy Crawford). (817) 640-4000

New Age Health Spa, Neversink, NY

This Catskill Mountain spa is a major bargain—accommodations are a bit rustic (think back to camp or the college dorm), but workouts and spa programs are known to be great. Lots of spiritual stuff going on here too (Zen meditation, yoga therapy, "neural transmission programming" ... whatever that is). Prices are as low as $114 a night for a shared room. Treatments are extra. (800) 682-4348

La Costa Resort and Spa, Carlsbad, CA

The first famous U.S. spa is now a full resort, complete with golf course and world-class tennis program. Nutrition and exercise classes are excellent, as are the treatments—Cosmo's beauty director had one of the best facials of her life here. Take your boyfriend. He won't be bored. (800) 854-5000

TED HARTSHORN

SPA-ING ON A BUDGET

- Go off-season. For spas out west, that's during the summer; eastern spas are cheaper in winter.
- Get together with friends, or put up a notice at work or health club—most spas offer group discounts.
- Visit a day spa—most cities now have these; regular spas have day rates too.
- Book through Spa-Finders. This organization organizes groups and offers special discounts. (212) 924-6800

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BOSTON HERALD

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THURSDAY
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Berkshires spa offers savings

Adventure Getaways

By RIC BOURIE

The living is easy and the leaving is hard at a place like Canyon Ranch in the Berkshires, where guests rejuvenate themselves with lots of exercise, herbal wraps, mud treatments and nutritious meals.

Leaving Canyon Ranch has gotten even harder. Until Dec. 24, guests who stay four nights or longer at the retreat and spa in Lenox will get a free night added to their stay.

The "free night" is one of several special savings being offered for winter guests.

Skiers can cash in on the "Ski Free" program, in which guests visiting for three nights or longer earn a free half-day of skiing at a downhill area in the Berkshires. The offer is good only on weekdays and not during holiday periods. It includes equipment rental, a one-hour group lesson, a half-day lift ticket and transportation.

Want to bring a son or daughter to the ranch? It's a bargain. When parent and child over 14 share a room there, one pays full package rate (services included) and the other gets 50 percent off the nightly rate (services not included.) This bargain is good through June.

Return guests who bring a new guest to Canyon Ranch receive 15 percent off the cost of a stay of three nights or more.

Visitors 60 years or older get a 10 percent discount on any of Canyon Ranch's package deals.

A health-and-fitness vacation at Canyon Ranch includes inn lodging, three nutritionally balanced meals per day, use of spa and resort facilities, fitness classes, and presentations by experts in nutrition, fitness, stress management and medicine.

Spa services available include massages, movement therapy, facials and many more.

Canyon Ranch is on a 120-acre estate. The modern spa and fitness facilities are connected to a mansion and the inn by glass-enclosed walkways. Cross-country skiing can be enjoyed on the grounds or at nearby touring centers.

Call (800) 742-9000.

Paddle and dive

You can reach some great diving spots by kayak but gearing up for a dive from a small, tippable boat takes some know-how. A school in California can provide it, with weekend introductory courses on the water.

Aqua Adventures Kayak School runs courses in San Diego, Orange County and Los Angeles.

On Saturday, participants learn the basics of sea kayaking, how to load scuba gear into a kayak and how to handle a kayak with the added weight of the equipment.

Then it's onto the flat waters of a bay for lessons on how to get into scuba gear from a kayak and for some simulated dives.

"Putting scuba gear on/off a kayak is a very precarious situation," says Eric Hanscom, owner of Aqua Adventures. "You have to be careful doing it."

Some scuba gear goes on before the diver leaves the kayak. The rest goes on under water.

Students put their skills to the test on Sunday during an open ocean class. They also learn how to control the kayak in breaking waves near the shore, how to launch through those waves and make it safely to the calmer open water, how to rescue themselves if the kayak capsizes and how to get back to shore by avoiding the waves, or by surfing them to shore.

Each day of the weekend course ($100 per person) consists of three hours of instruction, and includes the use of kayaking equipment and a helmet for the ocean lesson. Lunch and scuba gear are not provided.

Private lessons are available at a slightly higher rate. Diving clubs that can field 10 people or more for the weekend get a 30 percent discount on the price.

Those completing the course are eligible for Aqua Adventures' customized dive trips by kayak to California's Channel Islands, to La Bufadora, off the Pacific coast of Mexico's Baja Peninsula, or to Bahia de Los Angeles in the Sea of Cortez. Depending on the arrangements, these trips can cost from $175 to $2,000 per person, per day.

Call (619) 695-1500.

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DAILY HAMPSHIRE GAZETTE
NORTHAMPTON, MA

THURSDAY, DECEMBER 15,

Deborah Oakley

Spa-struck

INTO every stress addict's life a little balm must fall. And so it was that I finally succumbed to peer pressure and on Monday headed out to Canyon Ranch in the Berkshires for "spa renewal" day.

The $99 special, offered between Thanksgiving and Christmas at the exclusive spa in Lenox, included all aerobics classes, use of the weight room, gym, steam room and sauna. Two "services," such as massage and a facial, were included. Lunch, too.

Despite being saddled with a rickety knee and a back about as stable as the Celtics' lineup, I was feeling combative about the venture. The facility likely played host to numerous wealthy softies, which described neither me nor my companion, Michelle Goulet of Northampton. At 23, Goulet already had peaked on the stress scale with her work as a registered nurse in cardiac care. I was a sports editor. We both pursued fitness with a frenzy.

Determined not to be seduced by the ranch's reputation for coddling its clients, we had prescribed an ambitious day for ourselves. It included "Mega class" (75 minutes of aerobics and strength training), "Boxercise" (50 minutes of rope skipping and punching a heavy bag), and "Funk" (50 minutes of — well, I wasn't sure)

We also planned to hit the treadmill and lift weights. Our motto was, "We shall not show fatigue."

I already had gotten off on the wrong foot with the ranch, exploding at a supervisor by [illegible] done in advance). After hearing me out, the man had lobbed a curve ball by responding warmly, "Well, Deborah, it sounds like you need to de-stress."

At the spa, an impressive complex in a woodland setting, a valet drove off with my car, politely declining a tip. We dumped our gym bags and aerobics shoes on the plush carpet and sat in upholstered chairs before a crackling fire to fill out health forms. Where the form inquired about physical problems, I answered "no" to everything and instructed Goulet to do the same. I wanted nothing to stand in the way of our day of strain and sweat.

A pleasant woman gave us a brief tour, with Goulet interjecting "Cool!" to such features as lunch in the mansion and an enclosed glass walkway that linked all the buildings. "You never have to go outside," the woman said with a smile. I smiled back, feeling so relaxed I was starting to get nervous.

More comfort assaulted us in the locker room as we each were given a fluffy white terry cloth robe to use for the day. A basket of flip-flops for our feet sat on the floor. Fresh white towels hung everywhere, and large horseshoe-shaped mirrored areas held plastic bottles filled with assorted lotions. The shower stalls held two kinds of conditioner, and chamomile shampoo.

I felt more like myself — fired up — once we were headed to Mega class. It was a fine class, and we bounded off to Boxercise glazed with sweat.

There, after skipping rope and practicing jabs and punches, we donned boxing gloves and went head to head with the heavy bag.

With Goulet steadying my bag and exhorting, "Go, Deb! Bob and weave!," I attacked with a ferocity usually reserved for my plate of pasta at dinner. Within minutes I was soaked with sweat. This was what coming to the spa was all about!

With little time to spare, we lifted weights and then bolted for the dining room.

"I'm sorry we didn't dress for lunch," Goulet apologized to the woman checking off names at the entrance to the dining room. The woman said it didn't matter at all, and no one else seemed to mind either.

Wonderful aromas permeated the dining area, and the menu (complete with calorie and fat information) was so inviting I momentarily yearned to dawdle over a long, leisurely lunch of salad, french rolls, grilled chicken and nonfat hot fudge

■ See SPA/Page 39

■ Continued from Page 37

sundaes (on the menu.) Instead, we inhaled steamed vegetables with seasoned rice, grabbed fruit from a big bowl and ran to make our noon massage and facial.

As soft music played, Jack, a 42-year-old triathlete, oiled, rubbed and pressure-pointed my aching muscles in a semidark room. In hushed voices, we discussed Canyon Ranch and its clients, road racing and being 42. When I got off the table, I felt a little woozy.

In another room, Joanna gently applied exotic emollients and hot towels to my face. She slipped heated booties on my feet and warm mitts over my creamed hands. She talked about exfoliants, toners and astringents, then left me alone with a linden blossom "mask" on my face. I thought fragrant thoughts, and then no thoughts, drifting into a vast, luxurious chasm ...

After my facial, I somehow struggled to my feet, opened the door and ran into Goulet, who appeared to be similarly transported.

"I feel so - moist!" she said.

The rest of the day went by in a haze. We stumbled through funk class, fiddled around on the bikes and treadmills, and then retreated to the steam room, where we stared dreamily into the mist.

After showering and dressing, which seemed to take hours, we collected our belongings and turned in our robes. Back upstairs, we sipped hot mulled cider. My car was parked at the door.

On the way home we assessed the day, declaring it a huge success. We had done everything we'd planned, and more, since we'd also played some hoop.

But something started to nag at me, something about how easily I had caved in to pampering. Despite my best efforts, Canyon Ranch had had the last word — it had de-stressed me. The more I thought about what a softie I could become if given the chance, the more upset I became. By the time I went to bed that night, I was really wound up.

CR003044

The New FITNESS
Los Angeles
January 1995

do the Right Thing

by Carole Jacobs

Why sweat it on a stair-climber, caged up in the local fitness zoo, when the town's best—and most beautiful—workouts are right outside your door?

Maybe you've been so busy pumping iron and stepping to the beat that you've overlooked an essential fact about fitness in L.A.: We live in an outdoor recreational paradise. Millions spend billions each year to come and play in our backyard. So if your fitness program is still centered around the gym, maybe it's time you pried yourself loose and took a closer look 'round the 'hood.

Our liquid blue, for example, is dotted with gentle-waved marinas that make perfect playpens for kayaks and rowboats. And see those hills? They're laced with hiking trails and climbing routes. It's L.A.'s naturally wild side: killer terrain that can be far meaner than any stair-climber ever invented—and you can't just kiss it off by pushing the "Reprogram" button. Hiking, in fact, offers a more complete workout than any treadmill, while even beginner-level rock climbing uses more muscles than a loop around the indoor weight-training circuit. And you'll never get a chance to commune with salty surfers, seals or seagulls on that rowing machine.

Hiking If you can walk and chew gum at the same time, you're qualified to hike, says Christopher Drozd, a Brentwood-based personal trainer who helps celebs hoof off the pounds. (He won't tell which ones.) Hiking requires no skill, no experience and very little flexibility, which makes it ideal for couch potatoes. In addition to burning 350-plus calories an hour (more with a pack), it tones and firms your legs and butt and builds coordination and balance with a minimum of pounding. Since hiking alternately shortens (uphill) and lengthens (downhill) your muscles, it provides a perfectly balanced workout. And, finally, it's dirt cheap. All you need is a water bottle and a good pair of shoes. A halfway decent sense of direction (or a map or dog) wouldn't hurt, either.

There are a number of clubs and classes that can get you started. The Sierra Club offers guided day hikes and overnight trips, as well as regularly scheduled conditioning hikes. More than 50 committees of the Angeles chapter also organize outings for singles, les-

CR003045

bians, gays and other groups. The annual $35 membership fee includes a monthly newsletter, comprehensive hiking schedule and subscription to *Sierra* magazine. Call 213-387-4287.

Personal Challenge offers guided hikes for all fitness levels on trails throughout the Santa Monica Mountains. Hikes are $40 to $55 per person and include a waist pack with gourmet lunch and water bottles. Call 310-285-4653.

The Coachella Valley Hiking Club in Palm Desert offers about 400 hikes per year for beginning through advanced hikers in Joshua Tree National Monument and the Santa Rosa, San Jacinto and San Gorgonio mountains, plus day and overnight trips in the Sierra Nevada, Utah, Arizona and Colorado. Hikes are open to the public at no charge. Membership runs $20 a year per person, $25 for families, and includes a newsletter and hiking schedule. Seminars, slide shows and organized group hikes are also available. Call 619-345-6234, evenings only.

For greater thrills, Adventure 16 stores in West L.A. and Tarzana provide beginning and intermediate backpacking classes. Two-day beginner trips are $85 and include two instruction sessions; breakfast and dinner; use of tents, maps, compasses and cooking gear; plus half off on any additional gear rentals. Participants provide their own lunches and water. Intermediate trips range from $110 (three days in Joshua Tree) to $150 (four days in the Sierra) and include same gear as beginner class. Call 310-473-4574 or 818-345-4266.

Groups or individuals can sign up for fitness hikes led by personal trainers at Better Bodies Cross-Training Center. Prices vary. Call 310-473-1470.

If you find yourself hooked on the hiking high, you can max out with one of the special hiking packages offered at various vacation spas. Since outdoor fitness has become the rage, spas are leading the way with challenging two-legged adventures. For instance, the weekend of March 10 to 12, the cozy Palms at Palm Springs features daily four-mile treks through desert terrain in addition to its regular offerings of low-fat cuisine, exercise classes and saunas. Rates range from $129 to $199 per person per day. Call 619-325-1111.

For advanced hikers, Canyon Ranch in Tucson offers a one-week package that includes six all-day treks ranging from 8 to 21 miles, plus amenities like a massage at the end of each day. Hikes are rated Levels 1 through 6, and only the Sir Edmund Hillaries of the world should start off at the highest level. Once you've picked your level, the rest is easy. All you do is show up—the hikemeisters provide you with a backpack filled with lunch and plenty of water. If you're game, you may still be able to sign up for the week scheduled January 7 to 14; a second session is planned for the fall (October 28 to November 4). Packages start at $2,380 per person, double occupancy, including one herbal wrap, massages and all gourmet, low-fat meals. Call 800-742-9000.

Other spas to check out: The Ashram in Calabasas, 818-222-6900; The Oaks at Ojai, 805-646-5573; Skylonda Fitness Retreat in Woodside (just south of San Francisco), 800-851-2222; and Rancho La Puerta in Tecate, Mexico, 800-443-7565.

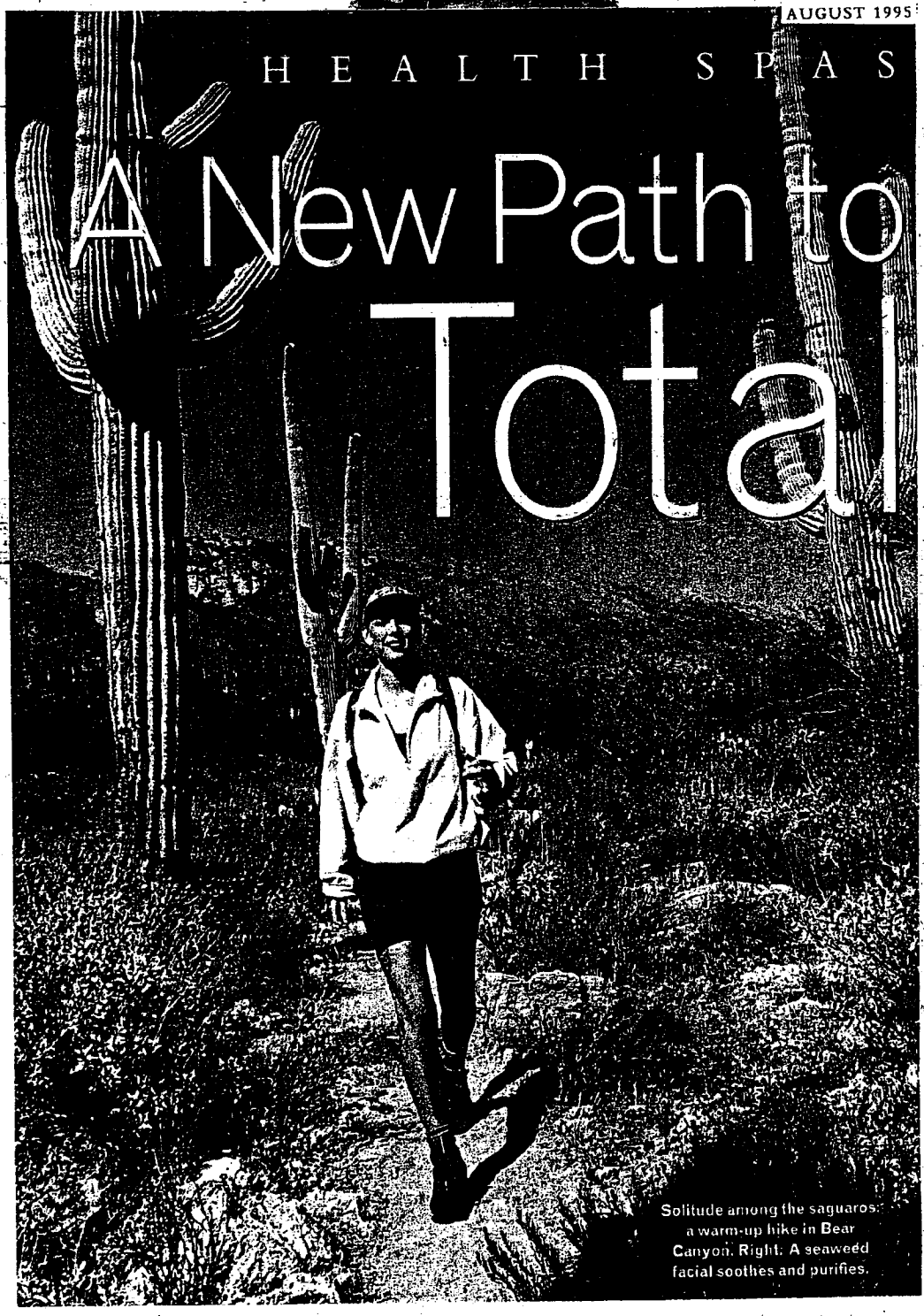
WALKING

DIST. 6/30/95

AUGUST 1995

HEALTH SPAS

A New Path to Total



Solitude among the saguaros: a warm-up hike in Bear Canyon. Right: A seaweed facial soothes and purifies.

CR003047

AND HIKING

Spas have moved beyond just aerobics classes, massages, and weight-loss lectures; now they're incorporating serious hiking into their fitness programs

Fitness

HALFWAY UP MT. LEMMON, our hiking group had stopped briefly for lunch and a surprise birthday party when the sky turned ominous: Clouds dropped over the face of the mountain like a theater curtain. Under their party hats, our guides clearly were concerned. The temperature had dropped precipitously, and 5 more miles of trail and another half mile of elevation separated us from the vans waiting at the ranger station near the 8,000-foot summit. They huddled, but I knew what their decision would be. This was a special occasion; everyone wanted to push on.

Then it started to snow.

We soon discovered that the trail to the top already was blanketed in snow. It was cold and windy, and everyone—guides included—was exhausted from the six days and about 60 miles of rough trails we'd encountered that week. Yet how did we greet the arrival of snowflakes? With laughter, snowballs, and

BY KEVIN COBB

PHOTOGRAPHS BY (LEFT) JOHN RUNNING; (RIGHT) CANYON RANCH

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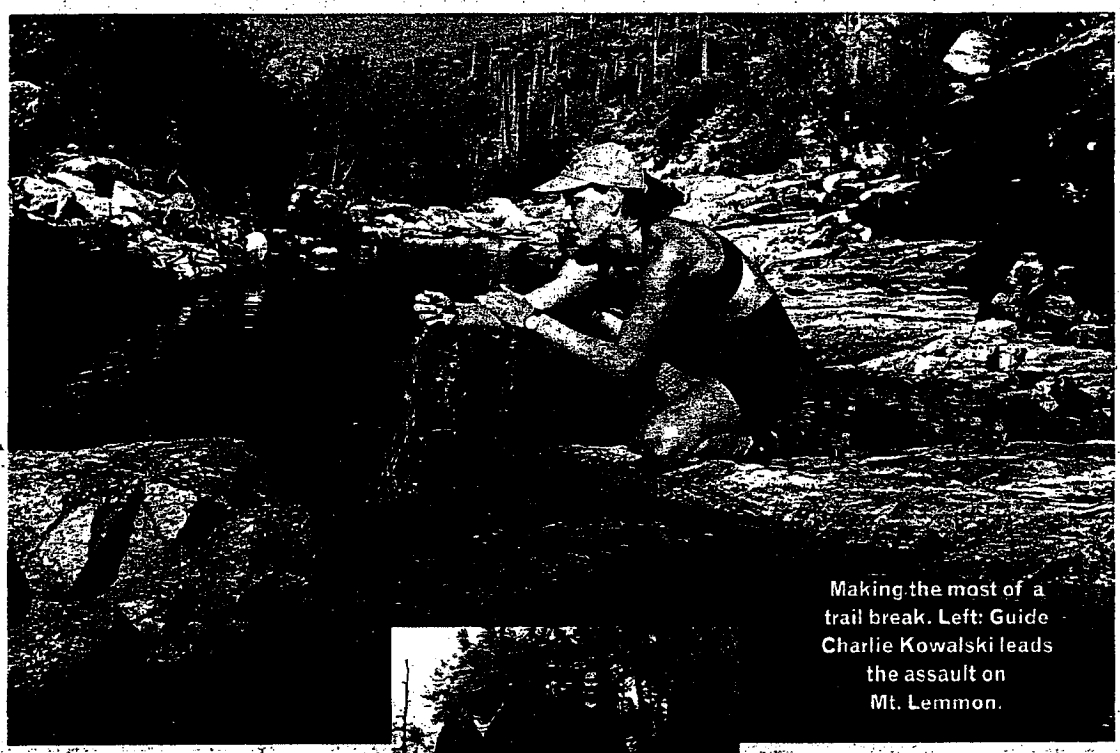

Making the most of a trail break. Left: Guide Charlie Kowalski leads the assault on Mt. Lemmon.

cameras snapping surreal Christmas card photos. The thoughts of turning back disappeared entirely. Though we were dog-tired and chilled to the bone in our shorts, we wanted nothing more than to keep heading toward the top.

Volunteering for Boot Camp

What had brought this unstoppable group of hikers together in the mountain ranges surrounding Tucson, Ariz.? A special week-long hiking program at Tucson's Canyon Ranch Health & Fitness Resort held several times a year. By no means were we here for spa strolls through the desert: All but one of the hikes scheduled for this late fall week were at least 11 miles in length, and most gained at least 2,000 feet in elevation. Some of my hiking companions were rewarding themselves for months of daily aerobics sessions and walks; others were viewing the week as a boot camp to jump-start their faltering fitness lifestyles.

Granted, our hard physical labors were balanced nicely with daily massages, gourmet spa food, and comfy beds in the Ranch's adobe *casitas*. It's an ideal balance that numerous spas are starting to offer (see "Spa Source," p. 87); no doubt the sort of arrangement Goldie Hawn envisioned when she joined the Army in *Private Benjamin*.

The Fall Fantasia hiking week began early on a cloudless Sunday morning. A record 23 participants had come for the program, so we were split into two groups—intermediate and advanced. Mark Black, assistant hiking director, took one look at my scuffless hiking boots and assigned me to the intermediates. My fellow travelers didn't seem too physically daunting: The mix tended toward professionals of both genders in their 40s and 50s, plus a smattering of 30- and 60-somethings. No problem, I thought. If coddled jetsetters could handle a 14-mile hike, so could I.

That was my first mistake. As it turned out, all of the other guests were returnees—many even repeat returnees. I began to sense I was out of my depths, a suspicion confirmed at the end of the first hike—a "light" 13.5-miler with a 1,200-foot gain in elevation. At the hike's conclusion, a fellow hiker looked at my spasmed calf muscles and asked skeptically, "You're from WALKING MAGAZINE?"

The hike at least had begun well. We piled out of the vans a little after 7 A.M. at the head of Sabino Canyon Trail, which wound through the foothills of the Santa Catalinas. Starting from the desert floor, we hiked along the side of Sabino Canyon, steadily gaining altitude.

We broke for breakfast on a beautiful sunlit mesa about 4 miles in. As on all of the hikes, we each carried our own breakfast, lunch, and three half-liter water bottles in our backpacks. As we continued on, eventually dropping back to the canyon floor and then heading up again, the sun—and temperature—rose, drawing a healthy sweat

PHOTOGRAPHS BY JOHN RUNNING; STYLING BY SARAH BOWEN SHEA

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from our brows. By our lunch stop, a few members of the group were dragging a little, but most seemed fine. I was tired, but I kept telling myself, "Only 4 or 5 miles to go."

Wrong! For me, what came next was a death march. The heat and mileage took their toll as we climbed out of the valley and into the sun. I quickly ran out of water, and my muscles were low on fuel. To keep moving, I fixated on thoughts of the post-hike massage.

The next morning I showed up for a 14.4-mile outing, but Phyllis Hochman, the hiking program director and creator of the resort's hiking program, took a look at my hobbled gait and told me to take the day off. Despite the humiliation, this gave me some time to spend with her.

In the late 1970s, Phyllis discovered she had arthritis. After being given a 50/50 chance of being in a wheelchair by her 50th birthday, she and her husband headed west seeking therapy. She says when she first saw Tucson, "the mountains just pulled me in." Phyllis discovered hiking and found that the exercise strengthened her arthritic joints. When she heard a spa was opening outside town, Phyllis proposed a hiking program to owner Mel Zuckerman as a trade for using the spa's therapeutic facilities. Skeptical, he eventually gave her a chance. Now, according to Zuckerman, "hiking is the activity that draws the most people to Canyon Ranch."

Zuckerman and others at the spa talk about the "transformational powers" of hiking, and certainly Phyllis's life is a testimonial to that notion. But she shrugs off her "guru" label: "I encourage people to start," she says modestly. Judging by the return rate, however, she does much more than that. She inspires them to continue.

Onward and Upward

By midweek, massages had returned my calves to normal, and I, too, was inspired to continue. Wednesday's hike was Picacho Peak. Although "only" 5 miles in length and 2,000 feet in vertical gain, the hiking was hand-over-hand climbing in many places. At one point on the back side of the knife-edge peak, we could progress only by inching our way up a steel cable while searching for handholds. We ascended the face one at a time, cheering each other on as we made it to the top.

During the next two days, the desert sky filled with roiling clouds the color of India ink. The threatening weather cut short Thursday's hike. On my first hike, I'd have cheered for a weather-related (or, hey, *any*) cancellation, but now I was disappointed when we covered just 8 miles. I'd discovered that I enjoyed the sweating, the exhaustion, and the exhilaration. I began to fret about the possibility of our last hike being cancelled; but no weather short of Biblical proportions would stop our Mt. Lemmon trek, a celebratory hike to honor Phyllis's 64th birthday.

Any doubts I had about hiking's transformational power were erased on Mt. Lemmon. At our early morning start at 3,500 feet, it was clear and cold, but the peaks around

MODEL'S CLOTHES AND BOOTS BY NIKE; TRAGER BACKPACK; FREESTYLE WATCH

Muscle Prep For a Hiking Week

Even though you have no problem tackling a 5-mile route in your neighborhood, don't underestimate the demands that'll be placed on your body during a week of intensive hiking. In addition to adjusting to steeper grades and possible altitude changes, your muscles will be working for hours on end each day. The rewards are certainly worth the challenges, but you can save yourself some of the strain by conditioning your muscles with these three exercises, recommended by Rebecca Gorrell, fitness director at Canyon Ranch's Lenox, Mass., location.

← Wall Sit

Conditions the quadriceps, hamstrings, and buttocks. Leaning against a wall, lower yourself into a seated position. When your legs form a 90-degree angle (see photo), hold this position until your muscles reach fatigue. Take a one-minute break and repeat.

Calf Raise →

Conditions the calves and strengthens ankles. Curl your left foot behind your right ankle, then lift and lower right heel. Do 10 to 20 repetitions, then switch legs. For a greater challenge, stand with the ball of your foot on a step or curb (see photo).

← Toe Raise

Works shin muscles, crucial for walking long distances. Stand with knees slightly bent, and tap one foot up and down 10 to 20 times. Switch feet. To increase intensity, put a lightweight sandbag or flour sack across the top of the foot you are raising.

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us were cloaked in clouds. The top of Mt. Lemmon, more than a mile in elevation above us, was invisible.

The steepness of the trail paid an enormous dividend in beauty. We climbed quickly from desert to mountain, trading cacti and sand for oak woodlands and boulders; Tucson and the surrounding valley spread out below us. I didn't really notice the cold until we stopped for lunch. The wind had come up, and the weather at the top of the mountain looked threatening. But we were distracted by our party preparations. With Phyllis considerately bringing up the rear, we had time to string birthday banners along boulders and pass out silly hats; when Phyllis reached us, we burst into a "Happy Birthday" chorus.

For a list of spas with hiking programs, see p. 87.

After lunch, we hiked along a ridgeline through an inch of fresh powder, marveling at the subtle shifts in vegetation as we ascended. The air became thinner still, the snow thicker, and our energy ebbed and flowed. Just when I thought I couldn't take another uphill step, the trail would level off, the wind would die down, I'd recover my breath, and another spectacular vista would appear.

I was torn: I wanted to succeed in reaching the top, yet, despite my exhaustion, I didn't want the hike to end. I wasn't alone. Our guides had never hiked with a group through the snow before, and they loved it. Even trek-veteran Phyllis said it was the best hike she'd ever been on.

Eight hours after our sunrise start, we converged near the top of Mt. Lemmon. We'd climbed more than 11 miles and 4,500 feet in elevation. Over coffee and two birthday cakes in the vans, we summoned enough air to give Phyllis one more chorus of "Happy Birthday."

My transformation was complete: I plan to hike Mt. Lemmon again next year, when Phyllis turns 65.

KEVIN COBB has written for Spy *and* Travel & Leisure, *and is currently writing a book with* Men's Fitness *and HarperCollins.*

An Aprés-Hike Pampering Plan

Conditioning your muscles is only half the battle—and half the fun

Losing weight and getting fit: Whether you achieve these benefits from an intensive week at a spa or from six weeks of daily walks, you're going to look and feel better inside your skin. It figures, then, that you'll want the new, trimmer you to feel polished and pampered on the outside, too. Here, four spa treatments that are especially worthwhile for walkers.

Reflexology Foot Massage

True reflexology is based on the idea that the foot is a "map" of the body. By massaging certain parts of the sole, a therapist can diagnose and treat ailments in corresponding body parts. At spas, reflexology generally amounts to a wonderful, extended foot rub, plenty therapeutic for trek-weary feet. "Reflexology stimulates tired feet," says Carole Coombs, who directs spa services at Utah's Green Valley Spa. "It relieves soreness." And since sore feet shouldn't be eyesores, sessions usually end with a pedicure.

Put your feet up—and get healthier.

Massage

On top of feeling great, a massage—whether sports, shiatsu, deep-tissue, Swedish, or a combination of them all—can make all the difference between enjoying tomorrow's hike and being left behind. "Whether it's soreness, kinks, or a cramped muscle, a good massage therapist can feel trouble spots as soon as he lays his hands on you, and work them out," says Larry Farren, owner of the Desert-Farren spa near Phoenix, where an hour-long massage is a daily antidote.

Hydrotherapy

Water has a magical quality that's both relaxing and refreshing. Hydrotherapy, which involves sitting in a warm (never hot!) tub equipped with strategically placed underwater jets while a masseuse works your muscles, builds on this feeling. "The jets are positioned to penetrate different muscle groups at different intervals," says Diane Trieste, of Canyon Ranch in Tucson, where the deluxe 47-jet tubs—and massage therapists—are legendary. "Hydrotherapy can be as soothing or invigorating as you like."

Revival of the fittest: The ideal way to end a hike.

Herbal Wrap

Getting an herbal wrap is about as close as you can get to a state of absolute calm. Cocooned in steaming linens that have been soaked in an herbal formula, you lie in blissful peace for about half an hour. This treatment gives your mind what vigorous exercise grants the rest of your body: an opportunity to wash away the daily tribulations of life.

—*Suzanne B. Gleason*

PHOTOGRAPHS BY (LEFT) JOHN RUNNING; (RIGHT) STEVE DUNWELL/IMAGE BANK

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INVESTOR'S BUSINESS DAILY
LOS ANGELES, CA
DAILY 180,000
TUESDAY
MAY 30 1995

Scenic Views May Be A Short Hike Away

6740 Walking Expeditions Not Too Far From Major Metro Areas

By Jo Beth McDaniel
Investor's Business Daily

If you're suffering from urban burnout — the feeling of being hemmed in by concrete, steel and the masses — maybe what you need is a strong dose of nature.

The good news is you don't have to strap on a 40-pound pack, sleep on the ground and eat dehydrated food to experience nature's finest in the U.S.

Some of the most awe-inspiring panoramas can be seen on easy day hikes, some of which are only a short drive or plane ride away from major metropolitan areas.

According to the President's Commission on the American Outdoors, 41 million people hike on the 300,000 miles of U.S. trails each year. And on June 3, one million people are expected to gather along 3,000 paths for National Trails Day, a celebration organized by the nonprofit American Hiking Society in Washington D.C.

Out There

For information on day hikes in your region call:

American Hiking Society	703-255-9304
American Volkssport Association (event hotline)	1-800-830-WALK
Appalachian Mountain Club	603-466-2727
National Park Foundation	202-785-4500
Sierra Club	415-776-2211

Here are a few favorite day hikes, all accessible to novices but scenic enough to wow veteran hikers:

■ **Northern California:** Just 17 miles north of the Golden Gate Bridge, the lofty redwoods of Muir Woods National Monument shade delicate ferns and a wide, clear stream running along the valley floor.

Take the main path to Ocean View Trail, which winds around and up quiet valleys, giving you almost a bird's eye view of these towering trees.

Detour down Lost Trail to Fern Creek Trail, then follow the main path all the way back to Cathedral Grove, completing the circle with an easy stroll along the ridges of Hillsop Trail.

■ **New Hampshire:** The Franconia Ridge Trail in this state is an awe-inspiring loop trail perfect for a day hike. Just off Franconia Ridge Park-

Continued on Next Page C

Scenic Views May Be A Short Hike Away

From page 1

way, the trail runs above the tree line through an alpine landscape.

"In some places, there are 'knife edge' points along the ridge where it is so narrow that on either side of you, the mountains fall away," says Rob Burbank of the Appalachian Mountain Club. "There are amazing views in all directions, and the area is rife with waterfalls."

One good eight-hour route: Start on Old Bridle Path, go to Greenleaf Hut and the Franconia Ridge Trail, then go right at the edge of the timberline. Cross Mt. Lafayette and Mt. Lincoln, hook up with Falling Waters Trail and take a right back to the Parkway.

■ **Colorado:** National and state parks aren't the only places to find great day hikes. Most large ski resorts open their trails to hikers from May through September, and most run their gondolas up and down the slopes, allowing you to enjoy the scenic views from the peaks without steep, exhausting climbs.

On the mountains of Vail, Beaver Creek and Piney River Ranch, U.S. Forest Service guides lead hikes, pointing out wildflowers and wildlife and describing historical events of the area.

If you want to make a week or more of day hikes, sign up with the 10th Mountain Trail Association (303-925-5775) for a stay at Shrine Mountain Inn and nine other lodging choices set along 300 miles of trails between Aspen and Vail. The cabins are open to hikers from May through October.

■ **Vermont:** At Killington Resort, the Merrell Hiking Center rents backpacks, binoculars and hiking boots, and provides maps of self-guided hikes with descriptions of geology, wildlife and animal habitat.

■ **Massachusetts:** At Canyon Ranch in the Berkshires, staff-guided "Hiking Weeks" will be held June 11-16.

■ **Southern California:** Don't ignore smaller trails, even those set amidst the din of a city. In Los Angeles, there's a great trail at the end of Temescal Canyon Road, just off Pacific Coast Highway.

Within minutes, you're on the narrow, tree-lined trails of Topanga State Park, surrounded by birds and butterflies, tall trees and flowers.

■ **Hawaii:** Some of the most fascinating trails in the world are just minutes away from the lazy beach crowds.

Kalalau Trail on Kauai's North Shore is one of the most famous trails in the world. The path, which follows an ancient Hawaiian footpath, winds along the Na Pali Coast, granting sweeping views of these emerald peaks and deep blue waters.

On Hawaii's Big Island, several trails cross the lava wastelands of Volcanoes National Park, where you can safely inspect steaming vents and gaping moonlike craters from past eruptions.

On Maui, check out the newly opened Lahaina Pali Trail, an ancient path lined with petroglyphs, the mysterious art forms carved in stone during Hawaii's prehistoric days.

Oahu's best-loved hike is up Diamond Head, the famous rugged landmark just past Waikiki.

■ **Georgia:** In Cobb County, a suburban area north of Atlanta, you can find peaceful, shady walks up and around Kennesaw Mountain, an historic Civil War battleground. On the eastern side of the metro area, you can walk around the earth's largest granite outcropping in Stone Mountain Park.

■ **Utah:** Monument Valley, which stretches from southeastern Utah to northern Arizona, is best in spring and fall. Trails crisscross the Sonoran Desert, where mesas and unusual rock formations, such as the Sentinel, shimmer in the clear desert air.

■ **Texas:** The rocky wilderness of Big Bend National Park offers stark, dramatic scenery, plus more than 400 bird species flitting around the cacti, juniper and ponderosa pine along the Rio Grande.

■ **North Carolina:** During May, in the Standing Indian Mountains, the rare purple rhododendron blooms along the forest and deep canyons of the Southern Nandahala trails.

■ **Washington:** Hoh Rain Forest Trail in Olympic National Park is as green as green can be. With 10 feet of rain per year, it is the wettest spot in the contiguous U.S. In these rain forests of the western valleys, you'll walk beneath an emerald canopy of trees dripping with moss.

Wherever you roam, be sure to wear properly fitted hiking boots. Watch the weather, carry plenty of water and some snacks, and take it slow if you're new to the trails. 3

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DIST 7/28/95

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alive

INSIDER

High Stroller

Name: Molly Eglin
Job: Hiking guide, Canyon Ranch, Tucson, Arizona

I started out as a concierge in this little polyester outfit. I used to see the hikers and think, I want to be one of them. Now I'm addicted. The mountains free me up.

"I lead one hike a day. We leave at 6:30 in the morning and go for four to six hours. People who have never hiked before are usually apprehensive. A lot of them feel they need to keep up with someone else, so they mess up their own pace. I'm always slowing them down. They're very used to taking charge of things, but when they're hiking, someone else is in control. That can be real scary, but they love it.

"We get a lot of people who come out from the city. One man brought his cellular phone. I had to tell him it wasn't appropriate. Nobody wants to listen to someone talk about the stock market when you're on a beautiful hike. Maybe he hid behind a pine tree, but he didn't use it in front of me." —EMILY LISTFIELD

Altitude adjustment: A Canyon Ranch walk.

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BOSTON HERALD
BOSTON, MA
DAILY 340,960
THURSDAY
JUL 6 1995

Bike trip explores Nova Scotia

Adventure Getaways

By RIC BOURIE

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"This is the forest primeval," wrote Henry Wadsworth Longfellow in the opening line of "Evangeline," his poem dramatizing the expulsion and exile of Acadians from their homes and farms in what were to become Canada's Maritime provinces.

The forest may not be so primeval anymore along the Acadian coast of Nova Scotia. A lot of it has been cultivated for farms and orchards, some by the descendants of those expelled and exiled, but the vistas are still handsome ones in the Annapolis Valley, which parallels the Nova Scotia coast of the Bay of Fundy.

Visitors to the area can wade in tidal pools left when Fundy's dynamic tides rush out to sea, explore historic gardens, walk along cliffs on the bay. Those are some of the things on the itinerary for a seven-day bike trip offered by Easty Rider Tours, a Newburyport company.

The trip begins with two nights in Smith's Cove on the Annapolis Basin. Mussels are steamed as part of a welcoming dinner on the beach. The cycling starts the next day, with a route along Digby Neck to Brier Island. If you see no whales spouting on the horizon while you're cycling along the narrow islands, your chances will improve on a whale watch with a marine biologist that afternoon.

The history of the area comes alive at several stops: Fort Anne, the Royal Historic Gardens and L'Habitation, where interpreters take roles as residents of Canada's first French settlement.

Other highlights include a visit to Bear River, an artists' community, and two nights in Annapolis Royal. Along the way, you'll pedal past dairy farms, berry farms and orchards, and plenty of time is planned for lingering.

The route covers part of the Evangeline Trail and part of the Lighthouse Trail, on the Atlantic Coast of the province.

Nights are spent in inns, including the Queen Anne in Annapolis Royal and Victoria's Historic Inn in Wolfville.

The trip costs $1,195, including accommodations, breakfasts and all but one dinner, whale watch, support vehicle and van transfers. Bikes can be rented for an additional $115.

Departure dates are Aug. 19 and Sept. 15. Call (800) 488-8332 for more details.

Berkshire hikes

Canyon Ranch, the spa in the Berkshires that teaches how to live a healthy life, has scheduled special programs for folks who like to get their exercise by hiking. An advanced hiking program called "Mountain Master" runs Aug. 7-11.

It's for advanced hikers, who will head to Mount Greylock, in the northwestern corner of the state, and Mount Everett, in the southern Berkshires, and walk between nine and 15 miles a day at fairly high elevations.

The five-day program also includes a welcome dinner, private dinners with the other members of the group and a canoe picnic at sunset on Stockbridge Bowl.

Best of all, participants get four massages. Don't spend them all on one day.

Cost of the package starts a $1,470 per person, double occupancy. Programs at the all-inclusive health resort include lodging, all meals, equipmen and instruction. The program i limited to 10 participants.

Arizona hikes

Autumn calls a bit later in th Southwest but Canyon Ranch i Tucson, Ariz., plans a fall foliag hiking week for Oct. 28-Nov. Participants will hike from si to 18 miles a day in the Catalin Mountains, including Moun Lemon. Some of the routes tak guests through forests 8,000 fee above the desert. At these hig elevations, leaves turn on th aspen and maple trees.

This "Fall Fantasia" prograr includes six massages and a herbal wrap to pamper you tired bones after a day of step ping out. It's priced at $2,480 pe person double occupancy.

For both of these trips, a spe cial hiking menu, featuring th ranch's spa cuisine, is featurec even for lunches along the trail

For information on either hik ing package, call (800) 726-9000

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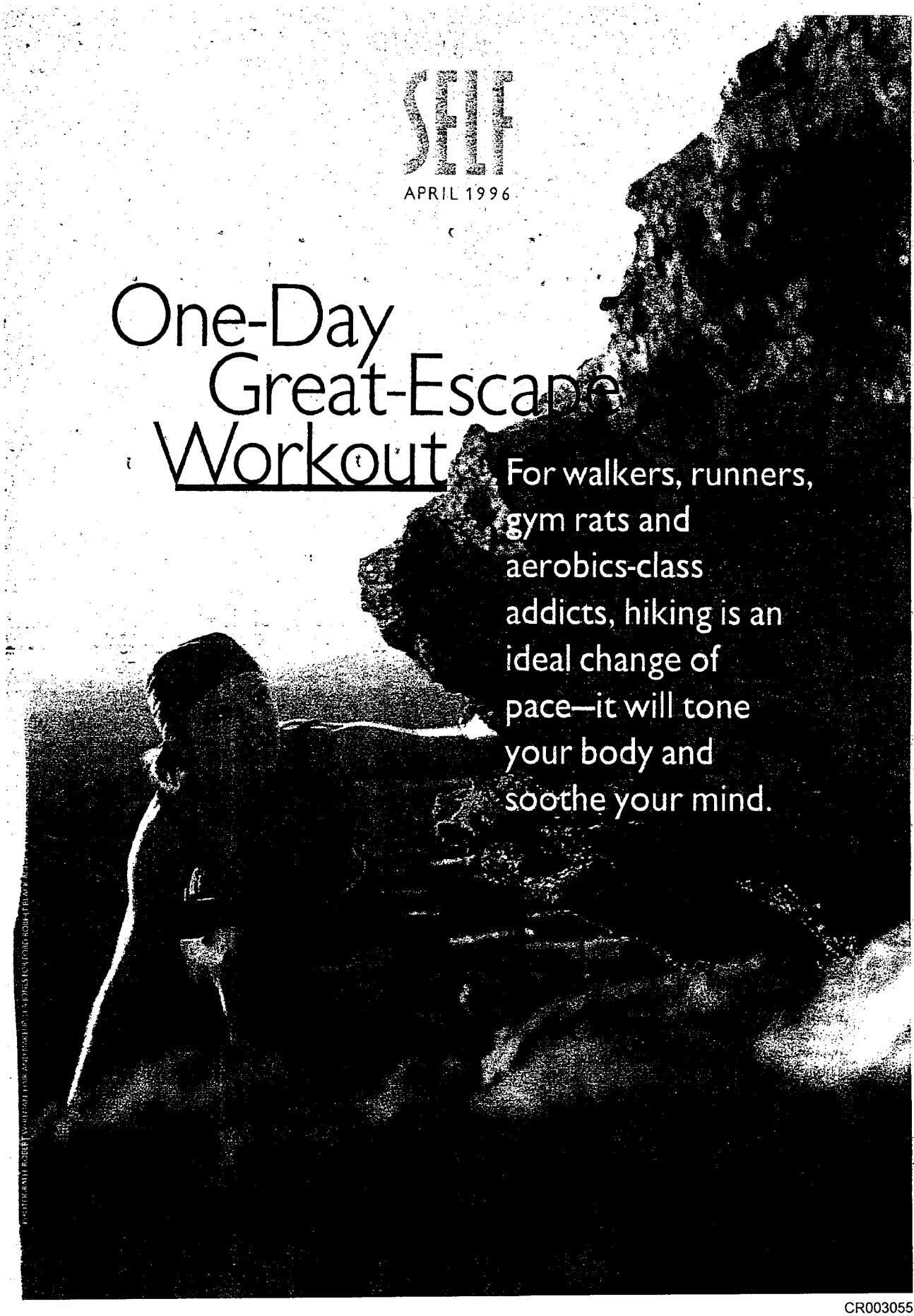
SELF
APRIL 1996
One-Day Great-Escape Workout
For walkers, runners, gym rats and aerobics-class addicts, hiking is an ideal change of pace—it will tone your body and soothe your mind.

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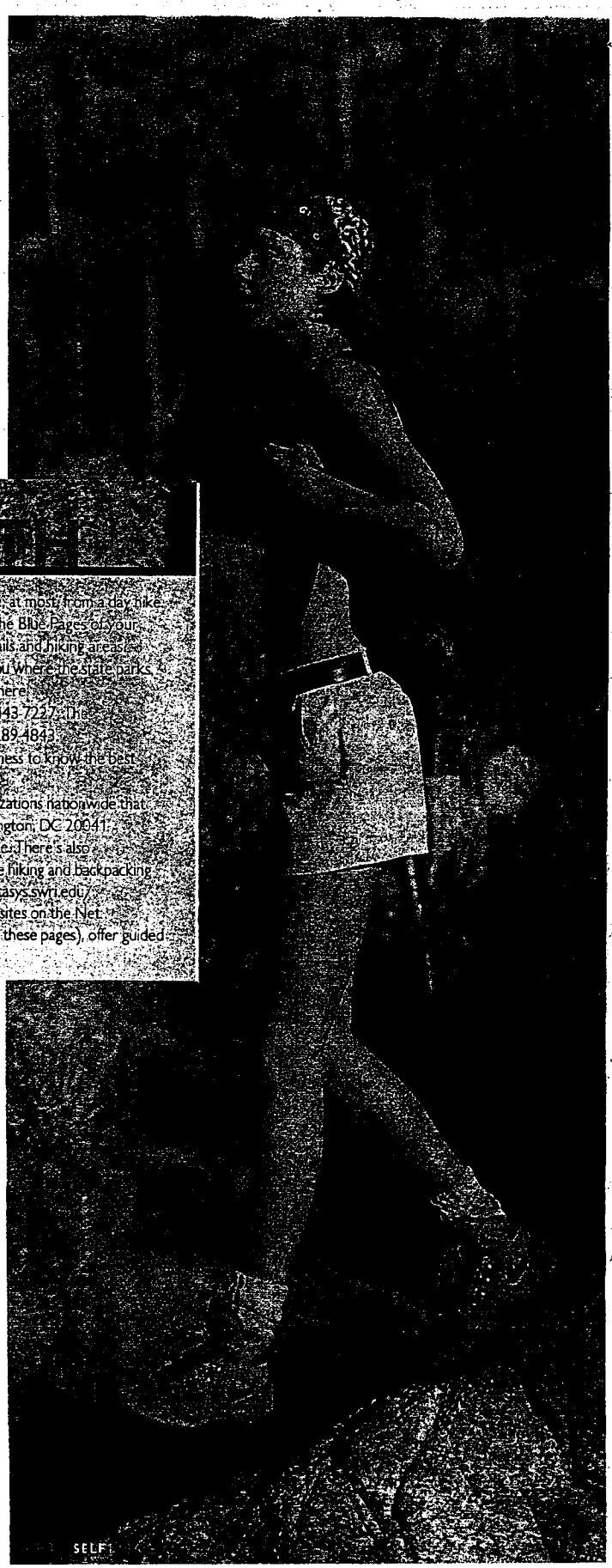

Stumbling on the RIGHT PATH

With 300,000 miles of trail in the U.S., everyone is within an hour's drive, at most, from a day hike.

1. Call your state, federal or local parks and forests (found in the Blue Pages of your phone book). Most state parks can send a free brochure or map of trails and hiking areas.

2. Look in your glove compartment. Any highway map can show you where the state parks, forests and local recreational facilities are and, conveniently, how to get there.

3. Order free guidebook catalogs by calling: Wilderness Press, 800-443-7227; The Mountaineers, 800-553-4453; Glove Box Guidebooks of America, 800-289-4843.

4. Chat up the guy at your local sporting-goods store. It's his business to know the best spots, and he should have info about local hiking clubs.

5. Contact the American Hiking Society. It has 130 member organizations nationwide that publish maps and guidebooks. Send an SASE to AHS, Box 20160, Washington, DC 20041.

6. Surf the Net. Go to the *Backpacker Magazine* site on America Online. There's also http://www.gorp.com/gorp/activity/hiking.htm, which brings you to the hiking and backpacking section of GORP (Great Outdoor Recreation Page). Or try http://io.datasys.swri.edu/Overview.html, the Backcountry home page, a hub for other trailblazing sites on the Net.

7. Try a spa. Many, like Canyon Ranch in Arizona (pictured throughout these pages), offer guided treks in amazing locales.

SELF

WOMAN to WOMAN

SPRING '96 A QUARTERLY PUBLICATION FROM THE DONNA KARAN COMPANY

STRESSED OUT?

Take a hike at Canyon Ranch

What's an ideal antidote to city living? Donna's answer may surprise you. She hikes. At least twice a year for the past ten years, Donna escapes to Canyon Ranch Fitness and Health Resort in Tucson AZ, where she spends her days on the beautiful wilderness trails.

"I find it mentally and physically grounding," says Donna, whose daily treks are about eight miles, average 2,000 to 3,000 feet in elevation, and take about eight hours to complete.

Why hike? Well, there's the natural beauty of it all. Canyon Ranch is located at the base of the Catalina Mountains and has access to breathtaking scenery with diverse landscapes that range from alpine environments to desert canyons. The senses are awakened and heightened while exploring spectacular terrain. Then there's the peaceful serenity of hiking, the feeling of being at one with nature. And, of course, hiking is an excellent form of aerobic exercise, too. But that's just the tip of what hiking offers, says Molly Elgin, Donna's favorite and steady ranch guide for the past six years.

"Hiking is spiritual and emotional," Molly says. "It provides an incredible challenge that ends with a wonderful sense of accomplishment. When you're 3,000 feet high and you look down, there's a tremendous release. You feel absolutely euphoric."

Donna's hikes range from private journeys with Elgin—often to recoup from a recent fashion show—to quality time with her husband, Stephan Weiss; and/or daughter Gabby.

The hikes at Canyon Ranch vary in length and terrain to accommodate everyone from the novice to the serious trekker. The ranch also features special "hiking weeks," designed to maximize time spent in the mountains. For more information on Canyon Ranch, call 1-520-749-9000.

MAY 1996

LADIES' HOME JOURNAL

WELLNESS

Summer Health & Beauty Bonus

For the latest on looking and feeling great, we went to a top spa—Tucson's Canyon Ranch, renowned for its fitness programs, nutritional know-how and skin treatments. Shape up for the best summer yet **By Dianne Hales**

PHOTOS: DAVID JENSEN; HAIR AND MAKEUP: GAD COHEN. CLOTHING AT LEFT: TOP: JAVITE. ZIPPERED TOP: ANNE KLEIN; SWEATSHIRT AND SHORTS: EVERLAST; SOCKS: LIZ CLAIBORNE; SHOES: ROCKPORT; WATCH: TIMEX. CLOTHING AT RIGHT: TOP: GUESS?; SKORT: LIZ SPORT; SWEATER: POLO SPORT; SOCKS: HOT SOX; SNEAKERS: NEW BALANCE; STOPWATCH: TIMEX.

WALKING: The Anytime, Anywhere Exercise

The most popular activities at Canyon Ranch are walking and hiking—and the reason isn't only to explore the beauty of the Arizona desert. "Walking may be the closest thing to a perfect exercise," says Rebecca Gorrell, the spa's wellness-education director. "It lowers blood pressure and cholesterol, reduces the risk of heart disease and enhances muscle tone. Walking also strengthens the chest, shoulders and back muscles and increases bone density in the hips, pelvis and lower vertebrae." Walking also can help you lose weight—if you walk long enough, fast enough and frequently enough. How soon can you expect to see results? Within six weeks you should notice a significant increase in your stamina, followed by better tone in your thighs.

On the following pages, Canyon Ranch's guidelines for a walking program that will help you shape up and slim down. ▶

CR003058

WALKING TALL

There is a right way to walk—and it begins with proper body alignment. The eight essential things to remember to get the most out of your routine:

1. Keep your head directly atop your body rather than leaning forward.
2. Relax your shoulders.
3. Bend your elbows at a 90-degree angle.
4. Swing your hands from your breastbone to your hipbones. Let your arms set your pace and propel you along.
5. Look straight ahead, with your chin parallel to the ground and your spine straight.
6. Tighten your abdominal muscles so they lift your rib cage and support the lower back.
7. Roll from the heel of your foot through the ball to the toes, keeping feet relaxed.
8. To go faster, take quicker steps, not longer strides.

"Muscles are like Turkish taffy," says Gorrell. "They'll stretch more if you heat them up"

Three-Step Warm-Up

Before hitting the road, be sure you're wearing the proper shoes (see page 51) and clothing. Depending on the temperature, dress in layers. In hot weather, "breathable" natural fibers are best. In colder months, synthetics are better because they can wick away perspiration from the skin. If you're walking at dawn or dusk, be sure to wear something reflective.

Warm up with exercises that put your joints through their entire range of motion.

1. Using gentle, circular motions, rotate your hips, arms and ankles.
2. March in place, lifting your knees high, with arms extended in front and back of you for balance.
3. Roll up onto your toes and lower yourself back onto your heels to warm up your lower legs.

Start walking slowly, and gradually progress to a moderate pace. You should also lengthen your walks, beginning with twenty minutes and extending your workout to forty-five to sixty minutes at least three times a week. You can safely walk every day because there's no need to allow time for muscles to recover.

CLOTHING: TOP PHOTO: TOP AND LIME BIKE SHORTS SPEEDO. YELLOW BIKE SHORTS, BODYWRAPPERS; SOCKS, LIZ CLAIBORNE; SNEAKERS, AVIA.

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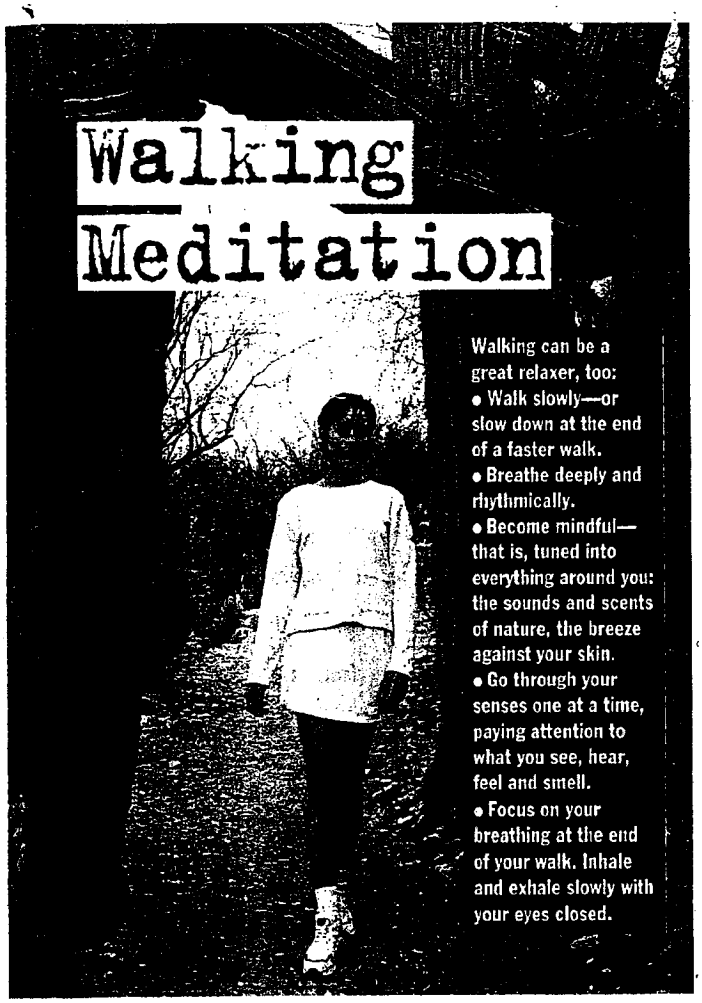


Walking Meditation

Walking can be a great relaxer, too:

- Walk slowly—or slow down at the end of a faster walk.
- Breathe deeply and rhythmically.
- Become mindful—that is, tuned into everything around you: the sounds and scents of nature, the breeze against your skin.
- Go through your senses one at a time, paying attention to what you see, hear, feel and smell.
- Focus on your breathing at the end of your walk. Inhale and exhale slowly with your eyes closed.

Be Heart Smart

Monitoring your heart rate as you walk is key to determining whether your workout is too rigorous—or not hard enough. Find your pulse and count beats for ten seconds. Multiply by six to calculate how hard your heart is working. (Try this often to get a sense of your at-rest heart rate; the average is about 60 beats per minute for a fit woman.) To calculate your maximum heart rate, subtract your age from 220. Novice walkers should aim for 70 percent of this maximum. Gradually increase your intensity, but don't push beyond 85 percent.

Make Walking Part Of Your Life

At work, walk:

- During your lunch hour
- Up the stairs instead of taking the elevator
- From the most distant parking spot in the lot
- With your boss or assistant for a private chat

At home, take a walk:

- Instead of watching TV, snacking or smoking
- To energize you when you're feeling run-down
- Before meals to help control your appetite
- After meals to boost your metabolism

In your free time, walk:

- On extended hikes in parks
- On walking tours while on vacation
- With friends and family for heart-to-heart chats
- To explore your neighborhood or town
- In a charity fund-raising event

The Last Stretch

The pros at Canyon Ranch recommend ending each walk with three to five minutes of stretching. The best three moves: Lean against a wall with one leg extended behind the other (right) and lean forward to stretch the calf and Achilles tendon; alternate legs.

For your quadriceps (the muscles on the front of the thigh), bend each knee and grasp your ankle behind you. Pull ankle gently toward you.

For your hamstrings, lift your foot up to about waist height (left); reach over and grasp the knee or foot.

CR003060

Choose The Right Shoes

"No one has perfect feet," says Canyon Ranch pedorthist (certified shoe fitter) Chuck Taylor. But the closer you get to the perfect athletic shoe, the happier you'll be as you walk. Look for:

Stability. You need a shoe that holds your foot in place. If your foot supinates, or tends to be rigid, the shoe should enhance flexibility. If your foot pronates or turns inward one direction, you need a shoe that will keep your foot stable.

Cushioning. The area of the shoe just above the tread provides a buffer between your foot and the cold, hard ground. Despite the hype about air bags, "cushioning is cushioning," says Taylor. You want to make sure that there's enough of it to absorb shock and protect your foot.

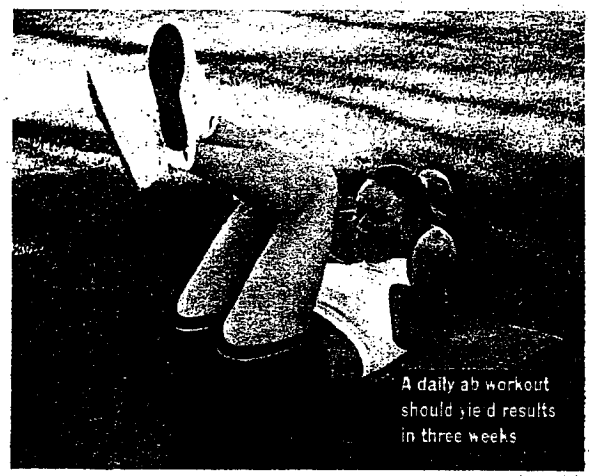
Fit and feel. Purchase athletic shoes a half-size larger than your normal size. Be sure they fit snugly in the saddle (or middle) of the foot but are loose enough that you can wiggle your toes freely.

TOP PICTURE, SHOES, TOP TO BOTTOM, NIKE, NEW BALANCE, ADIDAS. BOTTOM PICTURE, SHOES, LEFT, TIMBERLAND. RIGHT, ROCKPORT.

CR003061

Fighting The Flab Zones

Most women store fat in the back of their upper arms and their midriffs. Below, three top toners



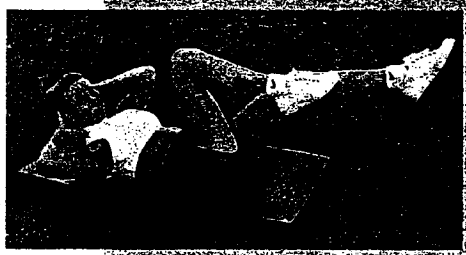
A daily ab workout should yie d results in three weeks

The Killer Crunch

Lie on your back and fold hands behind your head. Press lower back into floor. Lift and hold your legs up in the air, keeping your knee and hip joints at a 90-degree angle. Curl your upper body into the crunch position. At the same time, bring your knees and elbows together until they touch. Try to lift your hips and shoulders off the floor in this position. Hold. Slowly return your upper back to the floor. Do two sets of ten reps. Tip: Hold a two-pound weight behind your head to add resistance.

The Bicycle Crunch

Lie down with your lower back pressed to the floor. Raise your legs and "pedal" an imaginary bicycle in the air. While pedaling, lift right shoulder toward left knee, rotating at the waist as much as possible, then lift left shoulder toward right knee. Keep knees bent throughout the exercise to reduce stress to the lower back. Do two sets of ten, work up to two sets of twenty-five.



The Triceps Trimmer

Bend at waist and place left hand, with elbow extended but not locked, and left knee on a low table or bench. Keep shoulders parallel to the floor. Grasp a three-pound dumbbell in right hand, keeping elbow parallel to back. Extend forearm straight behind you, making sure that only your forearm is moved. Inhale as you lift, then exhale in four counts as you slowly lower dumbbell back to starting position. Do two sets of ten reps, then switch arms.

After an aerobic walk, exercise arms and then work out abs and lower back

How Do You Measure Up?

"The simplest way to monitor body fat is by how your clothing fits," says Michael Hewitt, Ph.D., the spa's director of exercise physiology. "If they're getting snugger, you're getting larger—a sign of increasing body fat." A more precise indicator is measuring folds of fat on the back, arm, abdomen and calf with skin calipers. "What you're looking for is change," he notes. "If you start out with a reading of thirty-two percent body fat and the same person—a doctor or fitness trainer—takes your measurements six months later, you should be able to see whether your body fat is lower." If not, you need to improve your diet and exercise to change your body composition.

CLOTHING, EXERCISE PHOTOS: TOP AND SHORTS, CRUNCH; SOCKS AND SNEAKERS, NIKE. SEE YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

CR003062

What Kind Of Eater Are You?

Once you're aware of your eating patterns, you can plan effective strategies for breaking bad habits, says health specialist Julie Kembel. Her advice for appetite control:

If you're a completer

- Use small dishes so you can still clean your plate.
- Order appetizers, not entrées, in restaurants.
- Stop in the middle of a meal and ask: Am I still hungry? If not, scrape your plate clean.

If you're a stuffer

- Dole out half-cup portions in the kitchen. Do not put serving bowls on the table.
- Take smaller bites. Use a baby spoon for creamy foods like yogurt.
- Choose bulkier foods—hot oatmeal rather than cold cereal—that will make you feel fuller.

If you're a grazer

- Plan your daily diet well in advance so you can determine how much food you're going to eat.
- Force yourself to sit down when you eat—even if you're only nibbling on a few carrot sticks.
- Drink before eating. The brain doesn't distinguish between thirst and hunger, so a glass of water may be all you really want.

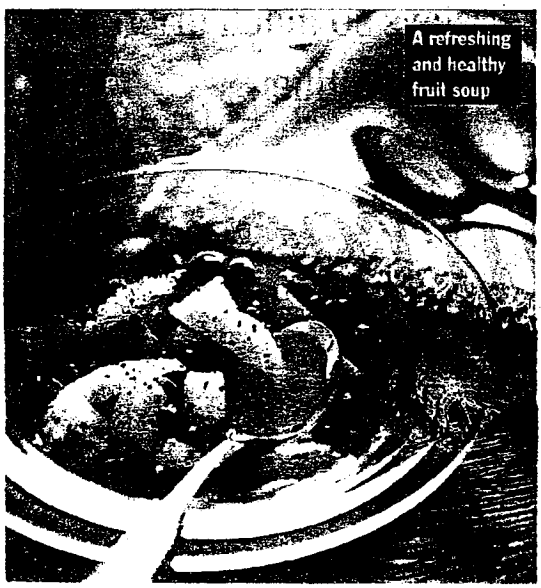
Low-Cal Energy-Booster

This colorful fruit soup from the Canyon Ranch kitchen makes a great first course for lunch or dinner. You can cut up the fruit several hours ahead, refrigerate it, then blend with the fruit juices just before serving.

FRUIT GAZPACHO
Total prep time: 15 minutes
1 small orange, peeled, cut into sections
1 cup seedless grapes, halved
¾ cup fresh blueberries
½ cup diced pineapple
½ cup diced strawberries
1 cup apple juice
½ cup orange juice
Freshly ground black pepper

Combine orange sections, grapes, blueberries, pineapple, strawberries and juices in a medium bowl. Divide the gazpacho into six serving bowls; sprinkle each with pepper. Makes 6 servings.

Per serving: 80 calories, .5g total fat, 0 g saturated fat, 0 mg cholesterol, 3 mg sodium, 20 g carbohydrates, 1 g protein.



A refreshing and healthy fruit soup

Five Lessons For Healthier Eating

Moderation without deprivation is the philosophy of John Luzader, Canyon Ranch's executive chef. Most guests eat 1,400 to 2,000 calories a day—and leave the dining room satisfied. His secrets:

1. Always buy quality ingredients. Take advantage of fresh fruits and vegetables this time of year, and serve them at every meal.
2. Avoid overcooking, which causes nearly every food to lose flavor.
3. Cook vegetables in low-sodium vegetable or chicken broth for extra flavor with little fat.
4. Use herbs and spices to substitute for oils and creamy sauces.
5. Rather than banishing certain foods from your kitchen, cut down on the amount you use. Think of red meat, for instance, as a condiment rather than the main dish.

BOTTOM PHOTO: MAURA McEVOY; PROP STYLIST, CATHY COOK; FOOD STYLIST, BRETT KURZWEIL

CR003063

Ten-Minute Self-Massage

Feeling tense? You don't need a professional rub—this quick massage does the trick:

- Take three deep breaths, inhaling and exhaling from the belly.
- Rotate shoulders, first backward three times, then forward three times.
- Drop chin onto chest slowly five times. Touch right ear to right shoulder five times; repeat with left ear and left shoulder.
- Cross your arms in front of you and touch your shoulders. Using thumbs and index fingers, knead your trapezius muscle (the one along the top of your back) for about thirty seconds.
- Place thumbs just above eyebrows at bridge of nose. Press hard with the flat of your thumb; hold five seconds. Slowly move thumb along brow line to temples, pressing and holding for five-second intervals.
- Place thumbs just under brows at the bridge of your nose and repeat above massage, working out to temples.

Best Foot Soother

"The feet are the last part of the body that women take care of. Yet if a woman's feet hurt, she's miserable," says Canyon Ranch reflexologist Rose Marie Martin. Here, the ideal foot de-stresser: Massage lotion into feet with deep, strong strokes. Hold your foot firmly with one hand. Using the thumb and the side of the index finger of your other hand, press into the tissue of the big toe. Work your thumb up and down the sides of your toe, then massage the front and back. Massage each toe in turn.

Stroking upward toward toes, rub the ball of the foot. Work your thumb along the arch of the foot, using one hand to anchor the foot and the other for deep stroking. Massage all sides of the heel, working from the bottom up to the ankle. End by rubbing the sensitive areas on either side of the ankle.

Instant Headache Relief

Apply a few drops of lavender oil to your temples. Massage your temples using deep, smooth strokes: Close your eyes and place your outspread fingers over your face, applying pressure to the forehead, temples and jaw. Work your fingers around to the back of the skull, pressing as you go. Take deep breaths the whole time; as you exhale, slowly make the sound *whooooo* (like an owl's hoot). Repeat several times. This technique, called toning, changes the pulsing of blood through the head.

CR003064

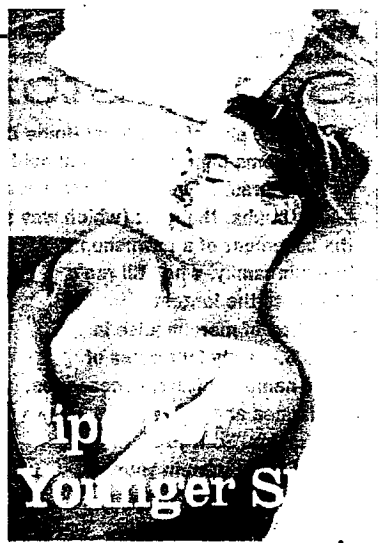
WELLNESS

Recipes For Home Beauty

You can use ingredients in your pantry to create facial treatments that nourish and tone your skin. Here are some recipes from Canyon Ranch's skin-care specialists:

Lemon or Strawberry Peels: For a natural version of alpha-hydroxy acids, after removing makeup at the end of the day and cleaning your skin, rub your face with half a lemon or strawberry. "The acids in the fruit help smooth away wrinkles," says herbal specialist Kaelen Johnson. Be careful not to get the juice in your eyes. Follow with a moisturizing cream.

Oatmeal-and-Almond Exfoliant: One of the most luxurious exfoliating treatments at Canyon Ranch uses an emulsification of crushed pearls to remove dry or dead skin cells. To create your own exfoliating treatment, grind equal amounts of oats and shelled almonds as finely as possible in a blender or food processor. Combine with honey and a facial cleanser until the mixture is creamy enough to spread on your skin. Apply with deep, firm strokes. Rinse thoroughly, and apply moisturizer immediately.



Use a bath-and-shower gel rather than soap, which may strip away too much of your natural oils. Squirt gel onto a loofah mitt for a light daily exfoliant treatment.

- Moisturize your elbows and upper arms every day. "A lot of women develop unsightly little dry skin bumps on the outer skin of their upper arm," says senior esthetician Carol Neuhauser, who advises applying extra moisturizer to this sensitive area.
- Witch hazel, available at any drugstore, is an excellent toner. Apply it after cleansing your face.
- When you get out of the shower or bath, blot yourself dry and apply body lotion to your skin while it's still damp to seal in moisture.

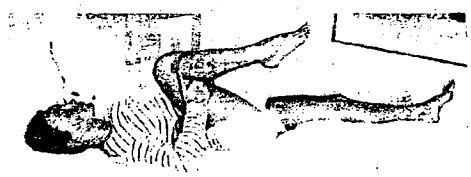
Bedtime Wind-Down

The ultimate way to relax at night: Get into bed, lie on back and extend arms and legs, stretching out your back. Inhale and exhale slowly. Bring each knee up to your chest one at a time. Inhale and exhale, paying attention to the lengthening of your spine.

With both knees at your chest, twist and touch knees to the mattress, first to one side then the other.

Turn onto your belly (knees remained tucked under). Extend arms, lengthen back and relax shoulders. Inhale, feeling the air move through your lungs and into your belly. Exhale, allowing back muscles to relax.

Allow your breathing to set a relaxing rhythm. Continue until you feel deeply relaxed—or fall asleep.



CLOTHING: RIGHT PHOTO, TOP, GAP; SHORTS, BANANA REPUBLIC

Shape presents
LivingFit
Volume 3, Number 4 May/June 1996

Living

Hiking clears my head, builds my strength and makes me feel I can do anything. Any day that I hike is a good day. —*Phyllis Hochman*

Higher learning

Last year, Phyllis Hochman celebrated her 65th birthday by hiking 11 miles straight up a mountain with a group of friends to eat cake at the summit—a remarkable feat considering that 20 years ago she suffered severe spinal arthritis and could move only with pain. Rejecting the traction and medication recommended by her doctors, Hochman instead started walking, slowly building up her strength. She became an avid hiker, and in 1979, she started the first spa hiking program at Canyon Ranch in Tucson, Arizona. Inspired by her example, other spas soon began to offer similar programs. Canyon Ranch today employs between 30 and 40 hiking guides for a variety of excursions.

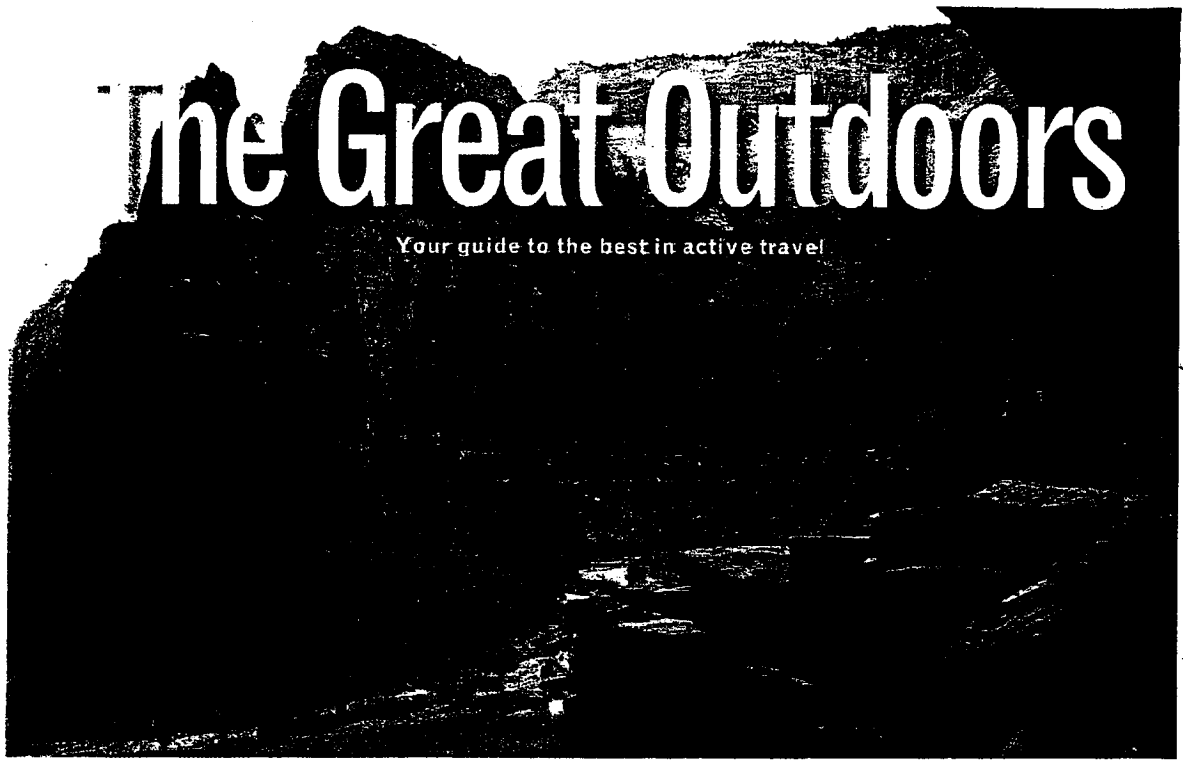
Hochman's recent retirement as program director hasn't slowed her down. "I hike three or four times a week, 4 to 10 miles each time," she says. "I also do weight training three times a week and yoga five to six times a week." She still has arthritis, but "it doesn't have me," she adds. "I've been told that I move like a young person. It's energy that makes me move this way, and it comes from being fit."

CR003066

WALKING JANUARY/FEBRUARY 1997

The Great Outdoors

Your guide to the best in active travel



Dry but dramatic: Southwest Utah offers desert beauty and the mystery of the Anasazi ruins to Green Valley hikers.

St. George, Utah

Desert Worship

Praise Utah," I thought as Tyler, a strapping son of the Church of Latter Day Saints, found a knotted bit of muscle just south of my left scapula and kneaded it into a pliant obeisance. Praise Utah, with its once-great inland ocean, I intoned, as I later sat in a bath swirling with salts derived from that most ancient distillation. Praise Utah for its volcanic landscape, yielding arches, towers of sculpted sandstone, I thought, as I walked each morning, marking lizard tracks in Crayola-orange sand.

But perhaps more to the point, praise the Green Valley Spa for bringing these seemingly disparate elements together in the canyonlands. What enticing land for walking and, as I found one morning in a shoulder-width canyon 20 feet deep, for worship. "This was a medicine man's chair," said Russ, the one near-septuagenarian guide amidst the fleet of young, fit outdoor experts, pointing out an outcropping in the narrow canyon. One of our hiking party, himself a latter-day medicine man (the ER variety), clambered up and took his seat. The less-titled of us traced Anasazi carvings with our fingertips. Both guides kept a steady stream of flora identifications going and even hazed us a little in typical desert-rat fashion. "This is a desert lemon bush," Russ said offhandedly, producing a bright-yellow berry from the prickly branches and holding it under my nose. "Wanna taste?" I passed, but our man of science took a sniff, and then a nibble. "It's a lemon candy," he said to cackles all around. At Green Valley, the guides, it seems, are not only trained in natural history, but also in sleight-of-hand.

There's magic at work in Green Valley. It all feels somehow organic—the walking and the pampering blend as easily as emollients, until, by week's end, one is in a perfect healthful rhythm. For information on Green Valley, call (800) 237-1068. —*Tracey Minkin*

10 Best Walking Spas

We asked Irvina Lew, travel writer and spa maven, to list her favorite full-service walking spas. Here are her 10 top picks:

Cal-A-Vie, Vista, Calif.; (619) 945-2055.

Canyon Ranch, Tucson, Ariz., and Lenox, Mass.; (800) 726-9900.

Golden Door, San Marcos, Calif.; (800) 424-0777.

Green Valley Spa, St. George, Utah; (800) 237-1068.

Lake Austin Spa Resort, Austin, Texas; (800) 847-5637.

Miraval Life in Balance Spa, Catalina, Ariz.; (800) 825-4000.

Mountain Trek Fitness Retreat, Ainsworth Hot Springs, British Columbia; (800) 661-5161.

New Life Hiking Spa, Killington, Vt.; (800) 228-4676.

Rancho La Puerta, Baja California, Mexico; (800) 443-7565.

Skylonda, Woodside, Calif.; (800) 851-2222.

Edited by Linda Frahm

CR003067

WEIGHT WATCHERS
NEW YORK, NY
MONTHLY 1,000,000

SEPTEMBER 1997

THE GOOD LIFE

Spa Specials

Programs geared to women's special needs are showing up on more and more spa resort schedules. Here are two examples.

• Women's Hiking: Adventure & Reflection, at Canyon Ranch in Tucson, Arizona, includes three full-day hiking groups and guided discussions on nutrition, fitness, spirituality, and women's issues. Next scheduled for November 19-23, the program's double-occupancy packages start at $1,580 per person plus 26.5% for service charges and tips. For additional information, call 1-800-726-9900. →

BON APPÉTIT
VOLUME 42 NUMBER 10 OCTOBER 1997

R.S.V.P.

FAVORITE RESTAURANT RECIPES

I really enjoyed the week I spent at Canyon Ranch spa in Tucson. All the food there was healthful, and it tasted good, too, especially the low-fat lime cake.

Mary Hill
Boston, Massachusetts

Low-Fat Lime Cake

12 SERVINGS

Nonstick vegetable oil spray
1¾ cups all purpose flour
2¼ teaspoons baking powder
½ teaspoon salt
1 cup sugar
3 tablespoons vegetable oil
2 tablespoons (¼ stick) unsalted butter, room temperature
4 large egg whites
2 tablespoons fresh lime juice
1 tablespoon grated lime peel
1 teaspoon vanilla extract
⅔ cup low-fat buttermilk

Preheat oven to 350°F. Lightly spray 8½x4½x2-inch loaf pan with vegetable oil spray. Mix flour, baking powder and salt in medium bowl. Using electric mixer, beat sugar, vegetable oil and butter in large bowl until well blended. Add egg whites 1 at a time, beating to blend after each addition. Beat in lime juice, grated lime peel and vanilla extract. Add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients and beating just until combined after each addition. Transfer cake batter to prepared pan.

Bake until top of cake is golden brown and tester inserted into center comes out clean, about 55 minutes. Transfer pan to rack. Cool cake in pan on rack 20 minutes. Turn cake out onto rack and cool completely. *(Can be prepared 1 day ahead. Wrap tightly in plastic; store at room temperature.)* Cut into slices.

{RECIPE CONTINUED ON PAGE 30}

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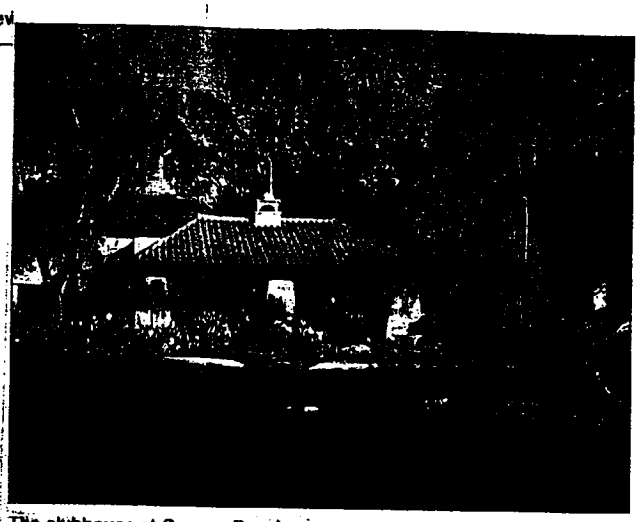
By Judy Wade

Hiking Retreat at Canyon Ranch



The clubhouse at Canyon Ranch.

We cheated on this column, because it's a mid-week rather than a weekend getaway, and this was Judy's time only. Bill stayed at home. Nonetheless, three days at Canyon Ranch, the highly regarded health spa just north of Tucson, are too interesting not to write about.

Lunch and learn in the demonstration kitchen.

I'd received an assignment from *Walking Magazine* to do a piece on women's retreats. The one at Canyon Ranch called "Women's Hiking Adventure: Reflections on the Journey" seemed to fit perfectly. I figured it could turn out to be a bunch of bored housewives sitting in a circle, eyes closed, holding hands and humming "*Om.*" But three days of hiking would easily offset anything that got too granola.

Over dinner the first evening our diverse group of 20 became acquainted. Among us were a mother and college-age daughter, a number of friends using the retreat to spend time together, several trim grandmothers and a few stressed career women.

"The object of these three days is to take introspective exercises and add a nature/outdoors experience that creates a new challenge along with the opportunity to reflect," explained Dr. Lana Holstein, Director of Women's Health at the ranch and creator of the program.

Part of each hiking day would be spent in silence, and we could hike with a faster or slower group, which would meet up on the trail for workshops and for lunch.

On the trail

Each morning we were issued large, sturdy backpacks filled with lunch, an apple, towel, and 2.5 quarts of water. The groomed, but rocky and steep trails were a piece of cake for some, and slower for others who needed time to pick a path among boulders and loose rocks.

But speed was not as important as pace, and even those at the tail of the slower group arrived at destination points within minutes of the fastest hikers. We later learned that during the first day we'd completed a 1,200-foot elevation gain as we hiked in the Rincon Mountains.

The retreat part of the adventure kicked in at various resting points, where we often paired up with a partner to focus on topics that included sexuality, vitality, mindful eating and other issues. At one day's lunch break in a cool boulder-ringed canyon, we doffed our packs and settled onto sun-warmed rocks in a dry creek bed for an exercise in guided imagery.

Lana's voice mingled with a thrasher's shrill whistle as she led us on a journey in our minds along a trail through a forest to a temple. My path meandered through a stand of north woods pine a lot like those in my native Minnesota. I was a bit confused when it ended at a Mayan temple, but then reality wasn't the point of the exercise.

Other trailside workshops included an exercise in trust in which we took turns closing our eyes while we put our faith in our partner's ability to lead us, safely among the desert's sharp-spined cactus and gravel-strewn rocks.

Pampered Evenings

After five to six hours of hiking per day our evenings were free, so I immediately scheduled a massage with Henri and a facial with Colleen. Both technicians were competent and caring, and most important to me, were happy to listen to my wishes. When I requested a light massage, Henri was able to work with a touch that soothed, rather than aggravate hiking-stressed muscles.

A European facial with Colleen.

A few women in our group ate evening meals with mates with whom they connected at the end of the day, but most of us ate at a large table, exchanging impressions of the day.

Many women had come from the East and Midwest and it was interesting to hear their thoughts on desert hiking. One woman, who initially was put off by what she called a stark, bleak landscape, did a complete 180, and by the third day was intently learning to recognize chol-la, mesquite, assorted prickly pear and other desert flora.

The last night we gathered in the private demonstration kitchen as a chef prepared our farewell dinner, instructing us in techniques and ingredient choices as he worked. Many of us

exchanged addresses and promised to keep in touch. It seems we each took away something different from the retreat. One woman talked about feeling happier, and another volunteered that she'd been able to work out problems she was having with her family.

For me, the essential component was biking in the gorgeous Sonoran Desert. Not only does it put me in a good mood, but six hours a day on the trail can burn up some pretty heavy duty calories.

At the ranch, meals are served in an elegant restaurant-style dining room. An ever-changing menu offers "real food," healthfully prepared, but carefully marked according to calories, fat and cholesterol content. If your goal is to lose weight, an initial consultation with a nutritionist will point you in the right direction.

Accommodations are in lovely casitas with patios that open onto desert-landscaped grounds. Tennis courts, gyms for aerobics and other classes, a spa complex, health and healing center and life enhancement center cover just about any issue that needs addressing.

Although there are hiking trails adjacent to the ranch, vans take guests to trailheads for scheduled hikes to Saguaro National Park, Sabino Canyon, the Catalina Mountains and other local venues.

more "Travel"
see page 28

A scenic view of Canyon Ranch and the surrounding mountains.

THREE DAYS AT CANYON RANCH

GETTING THERE: From Ahwatukee Foothills take I-10 south toward Tucson to the Ina Road exit. Turn left onto Ina, which changes names to become Sunrise in about 12 miles. Sunrise dead-ends into Sabino Canyon where you turn right to Snyder, then left onto Snyder, where signs direct you to the ranch.

WHY: Who could possibly turn down three days at a luxury spa?

HOW MUCH: Canyon Ranch offers many packages that include accommodations, meals, classes, a set number of spa and sports services and more. A four-night Summer Sampler package, offered from mid-June through mid-September that includes one spa or sport service, is about $1,000 per person, double occupancy. A seven-night stay during the same time period, including three spa and sport services, is about $1,800 per person, double occupancy.

SHE LIKED: Great healthful food, plus pampering at the end of each day.

HE LIKED: Having her home again.

INFORMATION: Call to receive a comprehensive trip-planning packet, plus contact with a program planner who will answer questions. Canyon Ranch Health Resort, 8600 E. Rockcliff Road, Tucson, AZ 85750; (800) 742-9000.

RUNNER'S WORLD

A Little R&R

We're talking *running* and relaxation here, folks, which is exactly what you'll get at today's new fitness spas

BY HAL HIGDON

Once upon a manicure, health spas were places where Beautiful People went to be pampered with loofah scrubs, soothing massages and facials made of exotic oils. The glitterati flew off to beach and desert to lose weight by sitting in steam baths and eating endive salads. They returned from their spa visits even more beautiful, possessed of radiant hair, glowing cheeks (presumably both varieties) and oh-so-thin waists. Spas were, in a word, chichi.

A LITTLE R&R

Today's spas retain their soothing environment, but they now offer a wide range of activities geared to fitness. If you're not in shape before you arrive, you may not be able to participate in the full range of activities—challenging runs, rigorous mountain hikes and classes on everything from boxing to martial arts.

Spas once were considered a "woman thing." A survey by the International Spa and Fitness Association (ISPA) reports that in 1987 the ratio of female to male attendees was nine to one. Guys went off to ski or play golf, and gals headed to the spa for pampering. A decade later,

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it's finally dawned on men that women are having more fun. ISPA now reports that the ratio of female spa visitors to male clients has shrunk to three to one. Over the same period, people's reasons for frequenting spas have undergone a shift: where once weight management and beauty treatments were the big draws, now fitness and stress reduction are gaining prominence.

Runners also have begun to realize that a spa visit may be just what's needed to fine-tune their healthy-but-could-be-even-better lifestyle. At Canyon Ranch in Tucson, Ariz., you can have your max VO_2 tested and your body-fat percentage assessed, and even schedule an appointment with a podiatrist to examine your orthotics. Have an injury that limits your training? Canyon Ranch has two underwater treadmills in the swimming pool. Want to go for a 12-mile run? One of the staff members will be glad to join you on the incredibly scenic trails in nearby Sabino Canyon.

"We're a bunch of fitness freaks," admits Canyon Ranch massage therapist Kevin Barry, a mountain biker who does 800 pushups a day. Water-aerobics instructor Carolyn Kyle is a marathoner gunning for an Olympic Trials qualifying time.

Will a seaweed treatment really improve your 10-K time? Probably not, but no matter. These days, spas offer a whole lot more than cosmetic cures and beautifying baths. For those interested in testing the new spa waters, here's a selection of health and fitness spas where you may be pampered, but you couldn't get out of shape if you tried.

A good wrap: Facials and skin treatments score high on the pamper scale at the best spas.

CANYON RANCH

TUCSON, ARIZONA

Canyon Ranch may or may not deserve the title of *best* spa for runners because everybody's goals and tastes differ, but this resort on the edge of the desert provided the template against which we measured all the other fitness spas on our list. "A destination spa takes you away from work, obligations, telephones, e-mail, doorbells and everyday stress," says founder Mel Zuckerman—but Canyon Ranch offers much more than that.

For example: seven gymnasiums, three outdoor pools and a path surrounding the property where guests gather each morning at 7:00 for 2 to 8 miles of hiking or running. If that's not enough, head down the road to Sabino Canyon Recreation Area, a favorite with local runners for its almost limitless miles of mountain trails. When not running or hiking, try one of Canyon Ranch's 45 fitness activities, everything from stretching and strength-training to "funk aerobics" (don't ask). The resort also brings in guest speakers, such as natural-healing author Andrew Weil, M.D.

If you enjoy your visit to the desert version of Canyon Ranch, you might also consider the resort's branch in the Berkshire mountains of Massachusetts, where cross-country skiing is featured during winter months. (In 1999, Canyon Ranch will open a third property in Bali.) Tucson rates: $1,300 per person for a three-day stay, including activities and treatments. Berkshire rates: $1,030 per person. Contact: Canyon Ranch, 8600 E. Rockcliff Rd., Tucson, AZ 85750; www.canyonranch.com; (800) 726-9900. Canyon Ranch in the Berkshires, 165 Kemble St., Lenox, MA 01240; (800) 726-9900.

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Selecting a Spa

With the popularity of fitness-building and body-pampering, spas are now easy to find. The International Spa and Fitness Association recently identified 32 destination spas, 160 hotel/resort spas and 840 day spas. "That's up from only 30 day spas a decade ago," says Kim Marshall, a consultant to the spa industry. "Recent growth has been phenomenal."

Two agencies specializing in spa vacations are Spa Finders, (800) ALL-SPAS (800-255-7727), and Spa Traveler, (800) 300-1565. On the Internet, visit www.spamall.com for information. For day spas, look in the Yellow Pages under "health clubs."

Once you identify a spa, here are some points to help you decide if it will suit your needs as a runner.

• **Activities.** Is the focus on fitness or only on treatments? Do activities include aerobic sports? If not, are there areas nearby where you can run?

Galloping gourmets: After an invigorating day of fitness, you'll enjoy the great-tasting (and healthy) meals served at spas.

• **Staff.** If the person who answers your toll-free call can't answer the last question above, ask if anybody on the staff runs and see if you can speak to that person. You don't want to arrive and be singled out by the staff and other guests as "the weirdo who runs."

• **Food.** Many spas, particularly those that specialize in weight loss, feature low-calorie or low-fat diets that may or may not appeal to your taste. If predesigned meals are part of the package, find out what you'll be eating.

• **Cost.** Some spas charge by the day, some by the week. Some quote prices per person, others by the room. With some packages, meals and treatments are included, but with others you may need to pay extra. Make sure you know what's included before making your reservation.

Day spas are cheaper than destination spas. (Your local massage therapist probably can provide a loofah scrub for less than what you'd spend for the same treatment at a destination spa.) Still, at the end of a hard day of workouts, there's something to be said for relaxing in a plush robe and slippers, and listening to the sound of your muscles saying "A-a-a-h."—*H.H.*

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Vegetarian TIMES

September 1998

Mud, Massage &

More than just a great vacation, a visit to a health

Torn between the need to get away from it all and the desire to get more out of your trip than a few cool snapshots and some trinkets? Head for a health spa. Today's spas are a lot more than just getaways for the rich and famous. Increasing numbers are catering to regular folks—typically hardworking professionals who find their stress levels up, their energy levels down, and their sense of fulfillment depleted.

There are literally hundreds of spas throughout the country that cater to the body, but the spas profiled on the following pages also focus on the mind. Along with services like massages and facials, these welcoming retreats provide seminars and programs designed to help you make real, lasting changes in your life. Some focus on stress management with courses in yoga, t'ai chi, meditation or Native American rituals. Others address nutrition and weight loss, with programs that range from building a better body image to cooking vegetarian. Still others emphasize personal growth with activities that provide mental and physical challenges. And then there are retreats that specialize in alternative treatments, like detoxification or color therapy, and help you rethink your entire approach to health. Regardless of what you seek, you can find a spa to fulfill your needs. So kick back, relax, recharge and get ready to learn something.

By Martha Schindler

PHOTOS ON P. 90 & 91 COURTESY OF CANYON RANCH

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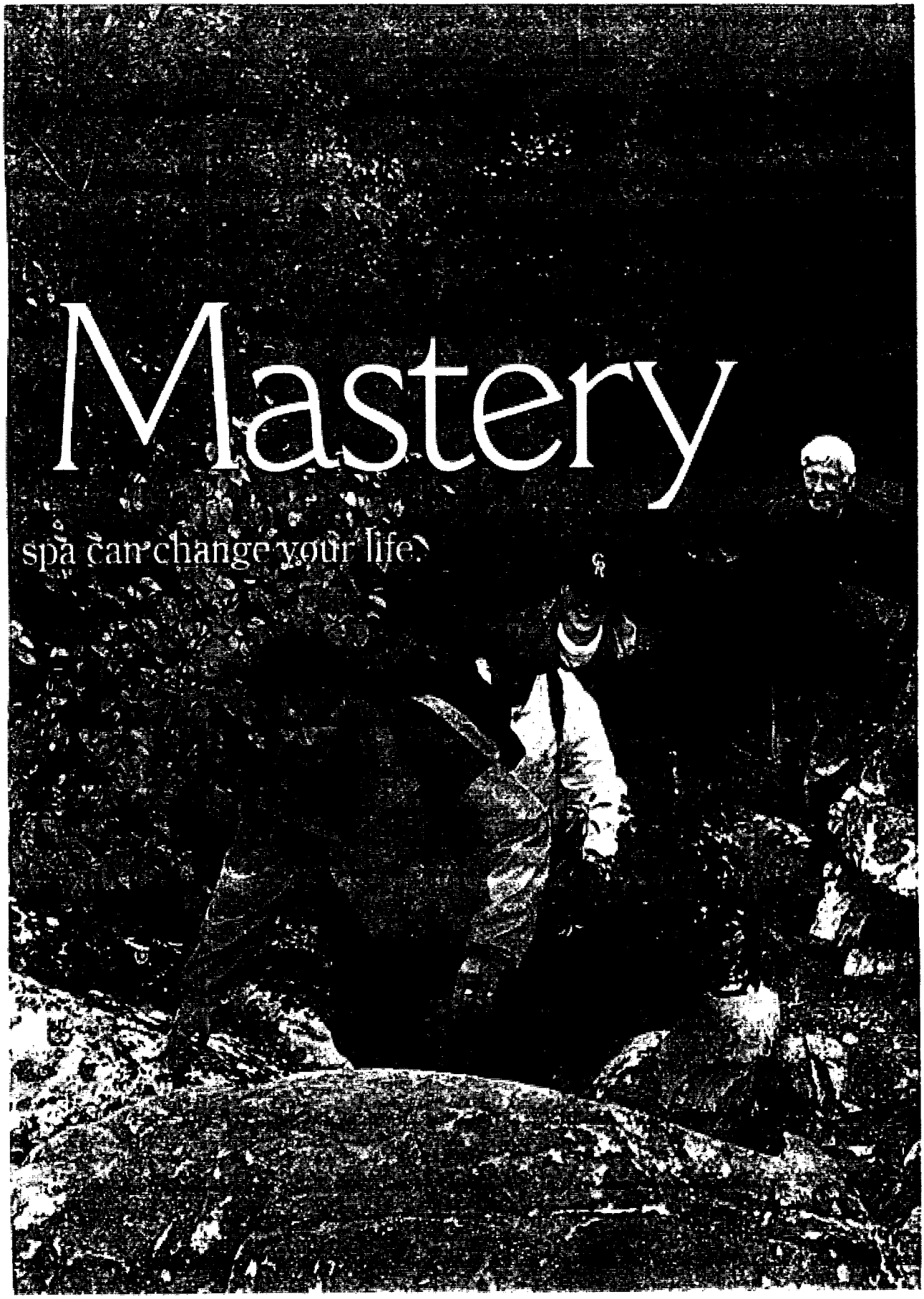

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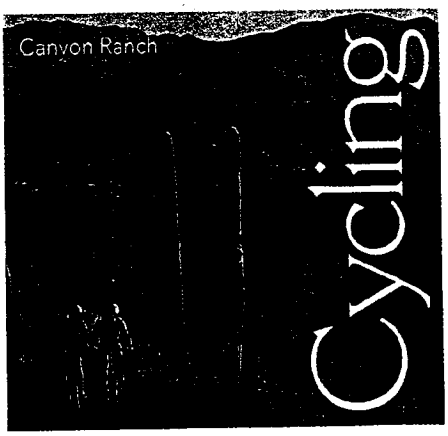
CANYON RANCH

Canyon Ranch is the granddaddy of spas. Not only does it offer a mind-boggling array of body-pampering services, like facials, Chinese herbal treatments and body scrubs, but numerous seminars and programs on overall health as well. Education is woven through all of the services and activities, says Carl Pratt, one of the exercise specialists. "Everything that is done here is meant to be taken home. Our philosophy is to teach you how to live healthier and better for the rest of your life." A good example of that is the Take Home Tools class, which helps guests develop practical strategies for incorporating their healthy new habits into real life. It includes establishing specific at-home schedules for workouts, tailored to an individual's physical needs and real-life limitations.

Hiking is a main attraction at both of Canyon Ranch's locations—Tucson, Ariz. and Lenox, Mass.—with guests selecting the duration and difficulty level of their daily outings. Other fitness choices include biking, swimming and aerobics. Canyon Ranch also provides music therapy, biofeedback, acupuncture, chiropractic manipulations, as well as classes in meditation and relaxation techniques, t'ai chi and Feldenkrais.



A week-long stay is typical in Tucson, and accommodations are in adobe-style cottages. A week between June and September is $2,150 to $2,950; four nights, $1,270 to $1,760.

Visitors to the Berkshires often check in for four-day "long weekends" and are housed in a lovely inn. Four nights between July and October costs $1,710 to $2,010. A week, $3,080 to $3,630. Packages include several spa or sports services; others are available à la carte. Vegetarian and vegan meals are available, and many dishes are prepared with organic produce.

Canyon Ranch Health Resort
8600 E. Rockcliff Road
Tucson, AZ 85750

Canyon Ranch in the Berkshires
165 Kemble St.
Lenox, MA 01240
Reservations and information for both programs: (800) 726-9900

VOGUE

where to spa

great places nationwide to get your body and soul in shape.

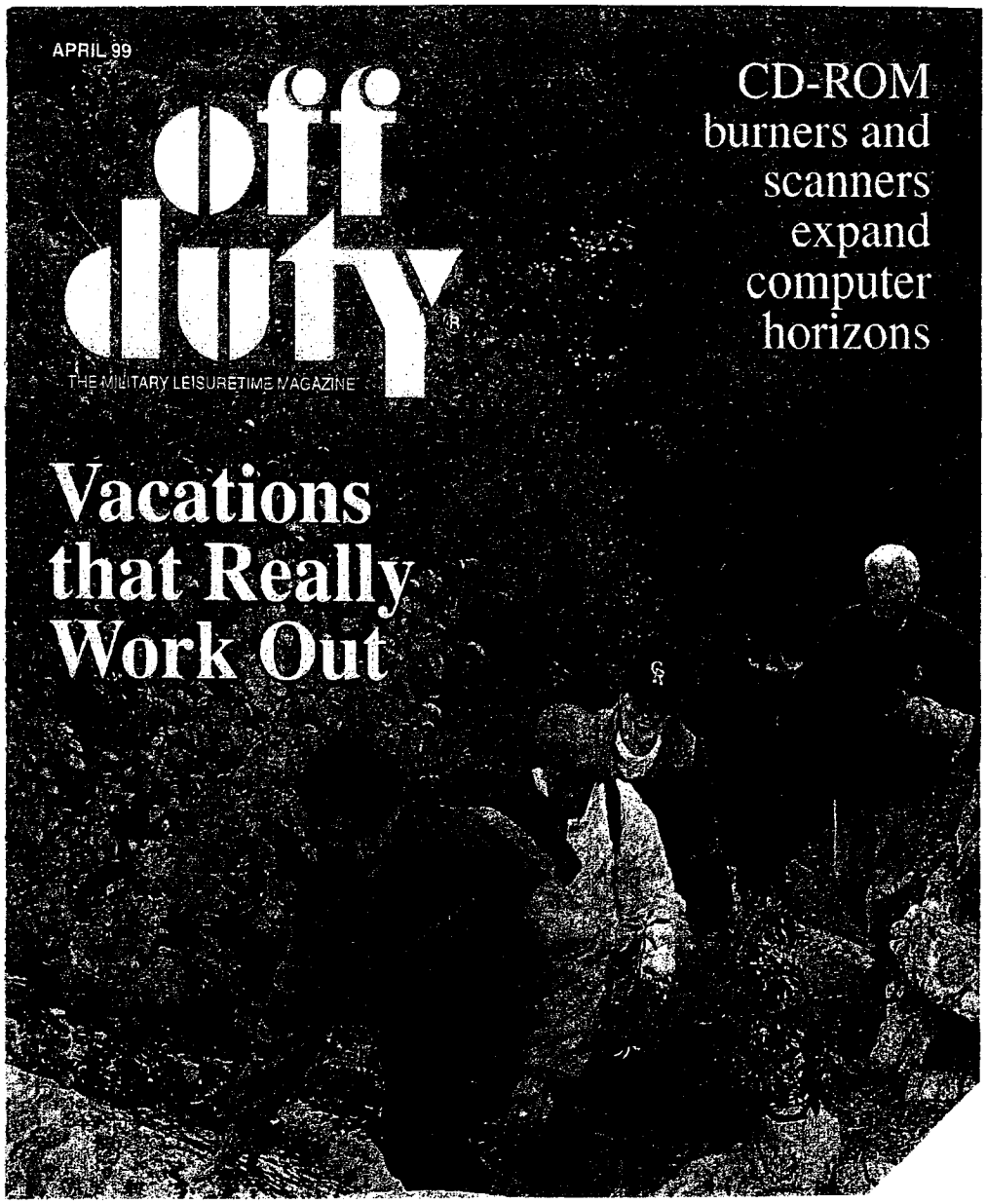
1 social climbing

Hiking treks that will whip you into optimum shape.

CANYON RANCH, TUCSON, ARIZONA

This country-clubby spa is known for, well . . . everything. The services booklet reads like a fantasy college-course catalog (should you try golf or go for a fitness test? a preventive-medicine session or a Parisian Body Polish? Tai Chi or a tarot-card reading?). The main draw, however, is the surrounding Santa Catalina Mountains.

A staff of 40 guides organizes up to eight hikes daily, ranging from a nature stroll to a major 21-mile trek. "Our program is accessible to everyone," explains Mark Black, the spa's hiking director, "but no matter what level they're at, people get in shape here." Ranging from $2,250 for a week; (800) 742-9000.

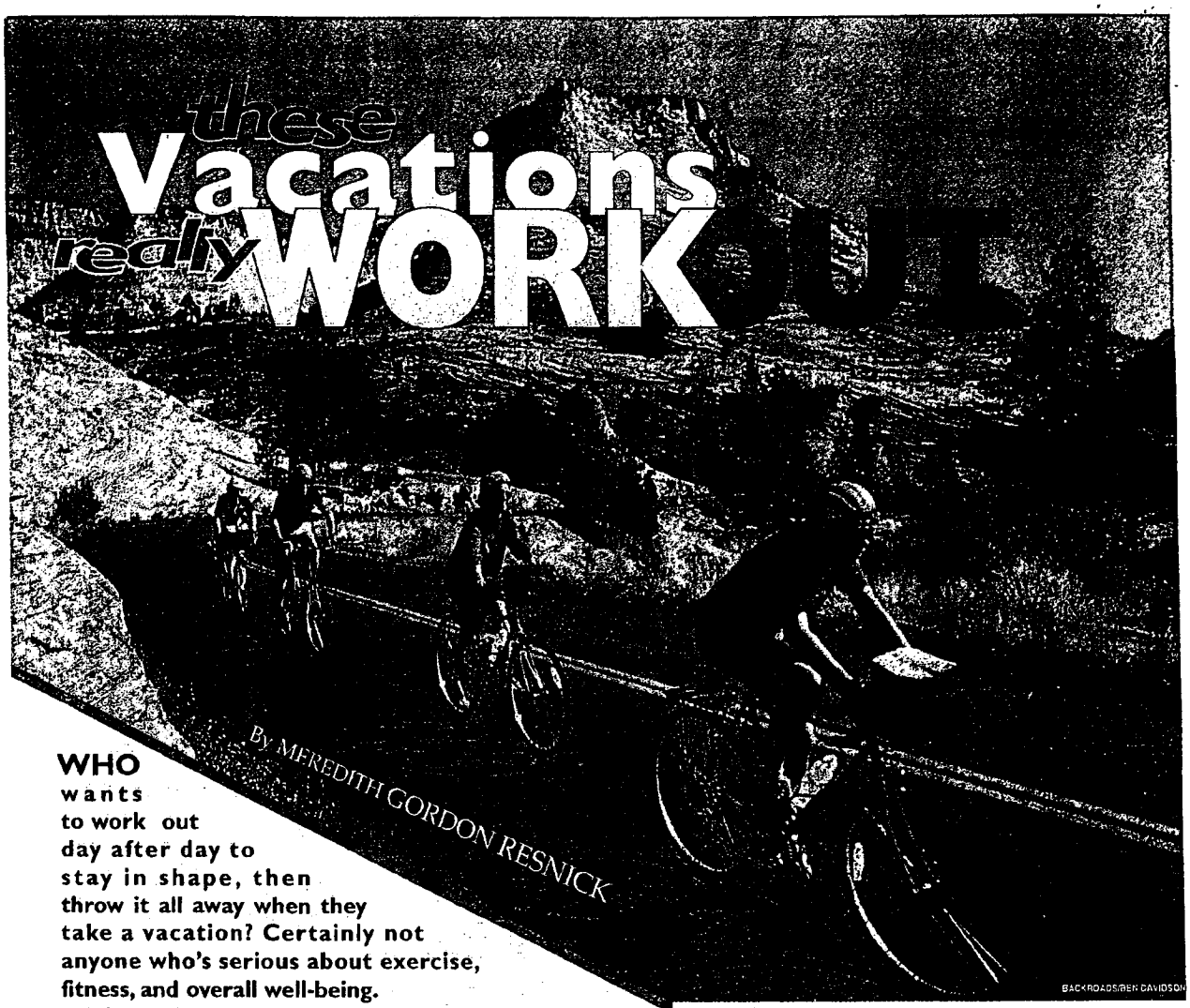


APRIL 1999/AMERICA

CONTENTS

FITNESS VACATIONS • 24
By Meredith Gordon Resnick
Vacationers can achieve physical and mental fitness while visiting many exotic locations around the world.

Cover Photo by Canyon Ranch



WHO wants to work out day after day to stay in shape, then throw it all away when they take a vacation? Certainly not anyone who's serious about exercise, fitness, and overall well-being.

That's because workouts are more than hardcore physical activity. They're mental and mood boosters that create a lingering feeling of mind-body oneness. In fact, many of us go on vacation seeking just that: a level of inner peace that we can carry with us throughout the year — especially when things get hectic. We draw on that serenity to carry us through the rough spots, and look forward to the next workout to "work out" the stress, anxiety, and frustration that remains.

Fitness vacations are a great way to combine outdoor fun with the workout you left behind at home. What could be better than traveling to beautiful places to do the sports you love? The best part is you get to go at your own pace — whatever that is.

NUTS AND BOLTS: HOW MANY TRAVEL TRIPS WORK AND WHAT'S REQUIRED OF YOU

Fitness vacations truly cater to people at all levels of fitness. Cycling trips offer the benefit of a support road vehicle that follows riders along the designated route. Though bikers are given a choice of mileage options at the beginning of each route, each day, you can always catch a ride if you tire, or injure yourself. Simply flag down the van wherever you are. You'll be driven to the next rest stop, or to the end of the route, whichever you desire. When your energy returns — later that day or the next — you can start pedaling again.

When you're on vacation you'll be exercising on several consecutive days. So train! Individuals who are considering a biking or multi-sport trip should spend at least 20 to 30 minutes a day in some sort of aerobic activity: running, hiking, aerobics, walking or swimming. If you're planning on taking a bike trip, make sure your muscles are accustomed to negotiating a combination of hilly and flat terrain.

If all this sounds good so far, check out the offerings from the following operators. While the prices of some of the vacations may be a bit more than you would spend camping on your own, remember that the prices of all trips include food and lodging. And, of course, camping accommodations as opposed to lodging, inn or hotel digs (for the first two operators, anyway) will shave away some of the price.

CANYON RANCH: TURNING FITNESS INTO LUXURY

Canyon Ranch approaches fitness from the perspective of mind-body wellness, not just for the time you're on vacation, but for the rest of your life. "Healthy living you take home with you," is the working mantra at this luxury spa and wellness center. And, the Canyon Ranch staff does nearly everything under the sun to make it possible at both the Tucson, Ariz., and Lenox, Maine facilities.

The focus is a balance between physical fitness, mental relaxation, and inner peace and harmony, with services personalized to the individual. Amenities are divided into two distinct areas: health and healing services, and spa and sport services. While most people usually partake of offerings from both sides of the wellness fence, Beth Kelley, Program Coordinating Supervisor, Tucson, said that at the start of their stay every guest meets with a program coordinator who helps them choose which activities, classes and sports would best suit their needs.

That's because different people come to Canyon Ranch with different goals in mind, and the abundance — we're talking hundreds of special services and classes from cooking to meditation to physical fitness.

But what does this all mean? Some guests are simply looking for a healthy vacation that includes all the spa-like amenities: massage, facials, skin treatments, and the like, others may be seeking ways to manage stress in their lives, to cope with the loss of a loved one, to learn to eat better or exercise more, to lose weight, or, even, to quit smoking. That's why physicians, exercise physiologists, acupuncturists, chiropractors, behavioral counselors, therapists and nutritionists, among other professionals, are on staff. Guests may meet with a staff member individually, or work on issues in a class or group.

"We like to educate people on how to live a healthy lifestyle every single day," said Kelley. "Once something becomes part of your life, your body feels good inside and out. [The feeling of wellness] becomes part of your life, and makes your life much better, and more mindful."

There is no denying that anyone could benefit from a week at Canyon Ranch, where guests enjoy the benefits of customized cardiovascular training programs, eating plans and relaxation regimens. But many of the specialized programs are billed in addition to the room rates, which are seasonal in both locales. The following prices are based on double occupancy: A three-night stay in Lenox spa costs you about $880 (in the winter); a four-night stay in Tucson will start at about $1,340 (in the summer). Canyon Ranch offers a scholarship program to cover certain costs. If you're interested, call them at (800) 726-9900 (North America), or (520) 749-9000 (worldwide). Their website is at **http://www.canyonranch.com**.

CANYON RANCH

CANYON RANCH

NewsRoom

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Section: Travel

DESTINATION: ARIZONA
Man vs. Spa

MARK SAYLOR

TIMES STAFF WRITER; Saylor is an editor in The Times Business section

TUCSON

When my mother-in-law bowed out of a mother-daughter spa weekend at the last minute, I got the nod. It was already paid for and, my wife insisted, lots of men go to spas.

That's how I found myself spending four days at the famed Canyon Ranch resort in Arizona, structuring my days around steam baths, exercise classes, fat-less food and trying to locate my chi.

That's also how I found myself hiking through the Sonoran desert with seven women from New Jersey, saying things like:

"Ladies, is it time for some water?"

And "You girls are doing great!"

As we trundled down dry washes and up saguaro-dotted slopes, one woman confided that her breast implants had left her with one side larger than the other. "I'm going to start buying two bra sizes, cutting them in half and resewing them," she explained. I tried not to stare.

Canyon Ranch is a camp for prosperous and driven adults, with scads of activities lined up from early morning into the evening, including arts and crafts, aerobics and classes on such spiritual practices as chi gong, an ancient Chinese technique to restore the natural life force--or chi. There also are programs for those who smoke or overeat or drink too much or have other earthly afflictions.

Lots of the guests come from California, but more than half travel from the East Coast. All are well-to-do--the single-occupancy rates run from $3,480 a week to far more, depending on the time of year, health programs and room size. (Rates include three daily meals, use of all spa facilities, fitness classes, tips, airport transfers and many spa services.)

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The resort, founded in 1979 by Mel and Enid Zuckerman, who still manage it, is made up of dozens of low-slung, Southwest-style buildings spread out over 70 acres surrounded by lightly developed rolling desert landscape. It is a peaceful setting with views of the Santa Catalina Mountains from well-tended gardens and alcoves.

There is space for 240 guests at a time. The standard rooms are essentially a basic, comfortable hotel room and most are a short walk from the spa building and dining areas. For more money there are more deluxe accommodations including one- and two-bedroom casitas, and the 2,700-square-foot Casa Grande ($8,660 a week, double occupancy).

Scheduling the many activities offered by Canyon Ranch can be so complex that the resort hands out day-planners to guests. One of the introductory programs is a "free" shoe analysis, and the woman who did ours identified my wife and I as severe pronators. (That's flat feet, though I prefer to think of it as sole-impaired.)

Hello, my name is Mark. I'm a severe pronator.

The cure for my wife was an expensive pair of running shoes, available right on the spot. Fortunately they didn't have a cure in my size.

Despite my pronated feet, the hiking program was a high point of the Canyon Ranch experience. Each morning at 6:30 or so there are half a dozen hikes available at various levels of difficulty. The resort provides day packs containing breakfast and water, guides lead you on the trail and describe points of interest along the way.

We went on hikes of about six miles each day in the nearby mountains and desert parks. One day we marched up a brutal 2,500-foot-high trail in the Santa Catalinas where occasional views of the desert emerged between steep pine-blanketed mountainsides. During that hike, a commodities mogul, an East Coast man, engaged us in a long conversation about Cinnabons cinnamon rolls, how many calories might be in them and how recently he had eaten one.

The best hike was to Tanque Verde Ridge in the Saguaro National Park on a trail winding through forests of saguaro and teddy-bear cactus to a dome with a 360-degree view of Tucson and the desert. A tarantula wandered up as we ate a nonfat bagel and yogurt, and we politely made room for it.

Most of the hikers were wives of lawyers, doctors, bankers and real estate brokers. They complained about being taxi-drivers for their kids and didn't much care for President Clinton's behavior.

There are, of course, men at Canyon Ranch. Quite a few, I discovered. I saw some of them through the mists in the steam bath. And a passel of them showed up for a men-only stretch class, getting rather rowdy when a young woman asked whether she could join us. (Absolutely not.)

Katie Penner, a spokeswoman for the ranch, said the proportion of male guests at the spa has steadily grown--in line with national trends--to about 40%. "The myth of the spa vacation is finally being broken," Penner said. "It's not about overweight women eating rabbit food."

Baby boomers concerned about their health are triggering an explosion in the spa industry, she said, and Canyon Ranch has been steadily adding programs for men to meet the rising demand.

One staging place for men was the massage waiting area next to the Jacuzzi in the men's spa. There we men in robes nodded at each other firmly but briefly, middle-age captains of industry waiting for our names to be called by young attendants bearing clipboards. Many of us did things we would never imagine doing in our real lives. A New York man confided that he'd just come from a clairvoyant reading. He'd never done this before and didn't believe in it, but the woman had read his "colors and energy fields" and given a disturbingly accurate analysis.

I was determined to sample as many of the programs as possible. Canyon Ranch seeks to improve spiritual as well as physical health, and late one afternoon I attended my first meditation class. I was nearing a solid doze when the instructor planted a thought into the heads of the eight of us--mostly women--in the class: "It's OK to be a wonderful person."

On the second day of meditation, another instructor suggested we consider some situation in our lives, not judging or trying to solve it, but accepting. I considered whether I should buy a new car. Dodge Durango? Honda Accord?

The exercise programs were much as you'd expect, but with a huge variety and number of choices. I tried a Spinning class one afternoon. The idea of Spinning seems to be to work yourself into a frenzy on a stationary bicycle with a group of others doing the same thing while listening to loud music and being exhorted to go faster. There was me, seven women and two women instructors. After about 10 minutes, as I considered whether I might need an ambulance, I heard bagpipe music (Was it the theme from "Titanic"?) and Gayle, leading the class, saying, "Think about where you are going. See where you are going. Where are you going?"

As best I could tell I wasn't going anywhere, but I was sweating a lot getting there. The bagpipes segued into rap, I got dizzy and humiliated myself by leaving the class early as the women pumped onward.

On the second night, I tried a watercolor class with three women who spent much of the class talking about childbirth with the pregnant instructor. I painted saguaro silhouettes against an orange and purple sky and thought it was pretty good. I missed the sculpture class.

By the third day I thought I had this spa thing down. But I made a rookie error, scheduling a class on chi gong meditation and a massage too close together. It was a nasty scene at the end of meditation as I shoved past two women while returning my blanket, pillow and floor pad to their proper shelves. By the time I got to my massage I was completely stressed out and, on top of everything, hadn't been able to find my chi.

The nutrition programs at Canyon Ranch are designed to help people lose weight and eat healthier food. That meant that even the most delicious sounding things on the menu had little or no fat. Which meant that I was hungry for the first two days.

But eventually I figured out the solution. Eat more. On the third night I had my best dinner: borscht, a double order of rack of lamb, full order of tortellini from the pasta bar, two banana tarts for desert. For food without bad things in it, the meals were generally delicious.

Since meals are included in the huge package rate, menu items only have notations for calories, fat and fiber, as if revealing the price in an unfamiliar foreign currency and, for me, underscoring the sense of having gone someplace far away.

I stopped counting calories on the day that I passed 3,000 over my dinner of tomato juice, pasta bar plate, salad bar helping, potato with nonfat sour cream, Asian shrimp stir fry with extra shrimp, miso soup, a bread stick, yogurt, apple strudel and tea.

On the final day, I had a steak sandwich of sorts in the dining room and then hit the outdoor barbecue for the chicken, corn and several reduced-fat brownies.

In the spa area there were ample supplies of various ointments, mousses, creams, soaps and other stuff that men generally don't use or, if they do, don't talk about it. For me this quickly became as hard to resist as free food. There were free razors and shaving creams, and I felt compelled to shave my chin and head several times, followed by heavy doses of after-shave.

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By the showers, a sign is posted: "Water is the desert's most precious resource. Please don't waste it." As I took my fourth shower of the day, it occurred to me, maybe they should have thought of that before they put a spa here. In the next shower, one of the captains of industry had decided the liquid soap wouldn't do and bellowed for an attendant to bring him a bar of soap.

By the fourth and last day, I knew it was time to leave. For one thing, we found a scorpion in our bathroom, which I trapped under a glass while hyperventilating. Also, I found myself enjoying the place. It's kind of nice to wake up and worry only about how you're going to exercise, feed and pamper your body. It's a fine thing to get a massage every day.

I began looking forward to another hike and in-depth discussion of Cinnabons. Even worse, I was beginning to think I might find my chi.

(BEGIN TEXT OF INFOBOX / INFOGRAPHIC)

GUIDEBOOK

Ranch Roundup

Getting there: United and Southwest offer nonstop service LAX-Tucson; America West has direct (one stop, no plane change) and connecting flights. Round-trip fares begin at $78. The ranch offers free shuttle service to and from Tucson airport.

Spa specifics: Canyon Ranch Health Resort, 8600 E. Rockcliff Road, Tucson, AZ 85750; telephone (800) 742-9000 or (520) 749-9000, fax (520) 749-7755, Web site http://www.canyonranch.com. Standard stays are four, seven or 10 nights.

Four nights: Rate per person for standard room is $1,750 double, $2,140 single occupancy. Includes lodging, all meals, use of spa facilities and four spa services, pools, tennis courts, fitness classes and programs such as hiking, biking and art classes. Sales tax (7.5%) and service charge (18%) add 25.5%. Summer rates (June 13-Sept. 23) about 25% less. Higher rates for longer stays and the more deluxe haciendas and casitas.

Where to eat: All meals are in the ranch dining room, which features gourmet-quality food made with healthful ingredients. Alcohol is not served or permitted in any public areas of the Ranch.

Getting around: The ranch provides transportation to hikes off the premises. Everything else can be reached on foot.

Things I did there: Hiking, watercolors, eating, meditation, chi gong, stretching, Spinning, weight-lifting, abs-plus, massages, steam baths, saunas, inhalation, underwater treadmill.

Things I didn't do: Yoga, funk aerobics, dieting, tai chi, Wallyball, kick boxing, deep-water pump, sculpture class, biofeedback, hypnotherapy.

---- Index References ----

Industry: (Men's Grooming (1ME92); Consumer Products & Services (1CO62); Personal Care & Beauty Aids (1PE87); Resorts (1RE44); Cosmetics & Fragrances (1CO83); After-Shave (1AF18))

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Volume 21; Issue 11

Retreats that help take the pounds off

Stoeckeler, Susanne R

Check into one of you'll lose weight, learn to eat and cook healthier, and reduce stress.

The many faces of a spa (clockwise from above): the Mediterranean-style Cal-a-Vie spa peeks from blooming gardens; Mountain Trek paddlers ply the aqua waters of Kootenay Lake; Green Valley guests hike a redrock trail; The Oaks' deluxe casitas soothe the senses; a Canyon Ranch guest readies for a massage.

I am by no means a spa aficionado. But I've heard enough to know that there is no better way to kick-start a weight-loss routine than a trip to a spa. So when I finally decided to get serious about dropping a few pounds before bikini season passed me by (yet again), I chose Cal-a-Vie.

Tucked away in a sleepy San Diego suburb called Vista, the spa lies smack in the middle of 200 verdant acres of hills, valleys and canyons, high among olive trees, towering oaks and fragrant flowering gardens. Only the haunting howl of coyotes and an audibly blissful family of frogs pierce the silence.

With a maximum of 24 guests at any given time, Cal-a-Vie has earned its distinction as the smallest luxury spa in the United States. The rustic country architecture and furnishings feel very south-of-France.

Up with the birds for a heart-rate-- monitor-chirping hike

Whether you have fallen off the weightloss wagon, taken a detour or simply need a new direction, Cal-a-Vie will put you squarely back on track. An extensive questionnaire helps the spa staff gauge individual health and fitness levels, and allows them to custom tailor an exercise, weight-loss or healthy-living program for you.

Cal-a-Vie's aromatherapy massage is a poplar de-stressor.

Trails wind from evergreens to peaks at Mountain Trek.

The food is nutrient-dense, mostly organic (often with spa-grown herbs and vegetables), lowfat and exploding with wonderful flavors.

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Early morning hikes in the spa's backyard canyon are de rigueur. My heart-rate monitor chirped away as I headed for the crest, and I was rewarded by a stunning (if distant) view of the Pacific Ocean and neighboring farmland. Springtime trails are messy, so the housekeeping staff graciously cleans your mud-caked hiking boots each afternoon.

Four hours of workouts were available every day - from cardio kickboxing to water volleyball to body contouring to yoga. Being in good shape, I chose to do all four classes most days. The upside to all this activity? Weight loss, baby, weight loss. While there, I dropped nearly an inch of flab!

Getting my just dessert and more

When I wasn't working up a sweat or exercising my muscles, I pampered them with spa treatments. I didn't feel the least bit guilty soaking in a bubbling hydrotherapy bath overlooking a gorgeous mountain vista, or receiving an aromatherapy facial in a heated, overstuffed recliner - it was all included in the price. Plus, I discovered I was eating less but not feeling deprived - in fact, I actually made peace with smaller portions, thanks to Cala-Vie's dramatically artful gourmet meals.

Oatmeal or kasha with currants and fresh fruit made for tasty breakfast fare, but one morning I craved protein and was cheerfully brought a plate full of scrambled eggs upon request.

White terry-cloth robes dotted the lunchtime tables as women in sandals, faces flushed, relaxed over a mindful midday meal. Black bean soup with a confetti of chopped tomatoes, a corn tortilla, half a papaya, two strawberries and some blueberries really was enough.

Dinner was another matter. Though all the guests had the same size vine-- ripened tomato with fresh basil and mozzarella appetizer, I was jealous of my neighbor, who was not on the lowcalorie diet plan and got twice the portion of grilled halibut I did. I was particularly envious when her dessert arrived - huge, juicy strawberries dipped in gooey chocolate sauce. Since I had checked the "no sugar" box on my questionnaire, I had to "settle" for a deliciously sweet strawberry puree. No sacrifice there - in fact, my neighbor was soon eyeing my dessert! I was even more delighted to learn I could get the recipe for that (and everything else I had enjoyed) by purchasing the spa's self-published cookbook: The Cala-Vie's Gourmet Spa Cookery: Recipes for Health and Wellness ($23 at the spa or online at cal-a-vie.com).

The evening health and fitness sessions were educational - the nutrition seminar was so detailed it should qualify for college credit. But for me, the highlight was a hands-on cooking demonstration by head chef Steve Pernetti.

I wanted to extend my stay (one woman was there for a month), but my budget just said no. I was leaving with less than I arrived with, and that was a good thing: I lost weight in only four days and, more important, dropped half an inch off my waist and arms, and a quarter-inch off my hips. Can't wait to try on my bikini.

Details The spa offers many customized and personalized meal plans. Meals are served in elegant sit-down style; all food is low in fat, salt and sugar; organic produce and meats are served whenever possible. Fruit, raw or grilled veggies and a hot tomato-juice beverage are served as snacks. Coffee is available, as is specially seasoned, air-popped popcorn.

Four-night "La Petite Spa week" stay includes nine spa treatments plus all meals, accommodations and fitness classes; $3,495 single occupancy only. (Double occupancy is not available; all guests, including couples who come together, stay in their own separate cottages.)

For more information, call (760) 945-2055 or log on to cal-a-vie.com.

Mountain Trek's "FitPlan Weight Loss" program combines hiking, yoga and gourmet cuisine.

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Mountain Trek: hike more, weigh less

You'll lose weight the scenic way at this beautiful mountain retreat perched on a wooded bluff overlooking Kootenay Lake in Ainsworth Hot Springs, British Columbia.

Mountain Trek's seven-day "FitPlan Weight Loss" program combines firm-- up hikes to alpine meadows, crystal lakes and glaciers with personalized fitness, kayaking and yoga - plus lowfat cuisine that revolves around chicken, fish and locally grown organic produce. Meal plans provide 1,600-2,000 calories with 20 percent of calories from fat, but you can have as much healthy food as you want (but no caffeine!).

After a hearty breakfast (homemade banana pancakes with fruit sauce), you hike to hot springs, meadows and peaks and stop to enjoy a gourmet brown-bag lunch (pita sandwiches, tabbouleh, fresh salad, etc.).

Back at the spa, relax with yoga, Pilates, massage, or a soak in the resort's Jacuzzi. Mountain Trek's fourcourse gourmet dinners feature dishes like spiced yam soup, spinach salad and chili-rubbed halibut with rice pilaf, plus the spa's homemade "Nice-Cream," a frozen treat made from frozen bananas, strawberries and raspberries that's your reward for a hike well done. Details "FitPlan Weight Loss" seven-- night program, from $2,130 (U.S.), includes meals, lodging, all activities, fitness evaluation and three massages. Call (800) 661-5161 or go to hiking .com. - Carole Jacobs

Canyon Ranch: the grand dame of total fitness

With campuses in Massachusetts anch in the Berkshires) and Tucson, Ariz. (Canyon Ranch Health Resort), Canyon Ranch offers more than 50 fat-blasting and muscle-toning fitness classes daily, plus outdoor sports galore: hiking, mountain biking and tennis.

Canyon Ranch desserts are lowfat!

Learn the ropes of climbing at Green Valley.

Relax after Aqua Aerobics at The Oaks.

From personalized programs to fitness, nutrition and mind-body evaluations, they've got every inch of you covered. The spa's lowfat, low-salt menu includes calorie, fat and fiber counts so you can keep track of your daily intake.

Choose activities and treatments ranging from a cool-breeze-freeze skin treatment to a class in mapping your self-esteem.

Details Four-night summer sampler includes meals, spa facilities and fitness classes, plus one spa and sports service (Pilates, fitness evaluations, a session with a personal trainer, etc.); from $1,600, double occupancy. Call (800) 742-9000 or visit canyon ranch.com. - S.R.S.

Green Valley Spa: fitness on the rocks Suni,fig red rock canyons, part of nearby Zion National Park, rim the Green Valley Spa in Utah's high desert. Get moving with a morning hike, then select from more than 100 weekly exercise classes.

Or try an unconventional spa treatment such as a cinnamon-sugar facial or Native American butterfly wrap.

All meals are served family style, with a carb or protein emphasis at breakfast. Lunch is the chef's choice; dinner always offers three selections of vegetarian, fish or fowl and red-meat entrees. Desserts are low in processed sugar, and there is coffee if you desire it, with lots of fruit and vegetables for snacking.

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Details Four-night stay includes four spa treatments, all meals, fitness classes and resort facilities; from $2,100, double occupancy. Call (800) 237-1068 (in Utah, call 435-628-8060) or log on to greenvalleyspa.com. -S.R.S.

The Oaks at Ojai: weight loss on a budget

Contrary to popular belief, you don't need to spend a fortune to get leaner. The Oaks spa in Ojai, an hour and a half north of Los Angeles, is one place where you'll spend more calories than dollars. The Oaks offers up to 18 fitness classes a day - from yoga and exercise-ball strength training to body sculpting and total-body stretch. Power walk through the quaint village of Ojai - an artists' hangout - or hike, bike or in-line skate a paved trail that winds from the mountains to the sea. The fare revolves around fresh produce, whole grains, seafood and poultry made with fresh seasonings and no added sugar or salt.

Coffee and tea are available, plus fruit for snacking.

Individual nutrition and fitness consultations are available, plus lots of pampering. Don't miss the Hot River Rock massage, a 50-minute body treatment that combines hot and slightly chilled rocks to loosen and relax every inch of your body. Or try the new Acupuncture Massage with licensed acupuncture therapist Kris Dutter.

Details Four-night stay includes lodging, meals and all fitness classes; spa treatments are extra; from $600 per person double occupancy. Call (800) 753-6257 or go to oaksspa.com.

- Tajinder Reyatt

Note: The following spas offer a variety of customized and personalized meal plans you can eat as much or as little as you want. For healthy weight loss, request a meal plan that provides at least 1,800 calories daily from a variety of foods. This will cover your nutritional needs, ensure maximum energy and safeguard your metabolism.

Susanne R. Stoeckeler is a free-lance writer based in New Jersey.

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---- Index References ----

News Subject: (Health & Family (1HE30); Obesity & Weight Control (1OB69); Nutrition (1NU67))

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Section: F

JOURNEYS; Spring Hikes: First Blisters, Then the Bliss

GRETCHEN REYNOLDS

Gretchen Reynolds article on hiking in Wild Rivers Recreational Area north of Taos, NM; photo (M)

TAOS, N.M.

MY husband and I are standing on a narrow, green jut of land deep within the Wild Rivers Recreation Area north of Taos, watching storm clouds scud overhead. They are the exact shade and oddshapes of bruises. They are also a surprise, since the Southwest is experiencing drought, and until 10 minutes ago, the sky had been a cloudless, infinite Yves Klein blue.

"You did pack a rain jacket?" my husband asks. I don't reply. We both know my jacket is in our S.U.V., two miles away, so that I can practice "ultralight hiking." ("Meaning, I carry a backpack, but you don't," my husband had said. I'd retained a lofty silence then, too.)

In the intervening hours, we've hiked 800 feet down a narrow, switchbacking trail to arrive here, the bottom of the Rio Grande Gorge, at the point where the Red River and the Rio Grande meet. It is a glorious spot. On either side of us, volcanic cliffs rise in shadowy folds. Slats of sunlight strike sparks off the water. The rivers whisper. Farther down the gorge, two fishermen clamber over boulders. Otherwise, we have the canyon to ourselves, a recreation area lonesome as well as wild.

It's also rapidly becoming inhospitable. I feel raindrops. With deliberate ceremony, my husband draws his jacket from his pack. Just then, a chill breeze blows past, twizzling the pinyon needles and prickling my skin. "Why, look," I say, "a tail wind. That will help those of us traveling light." I turn and start back up the dirt track. Lightning flickers. I rub my arms and am trying to control the shivering when my husband, coming up from behind, drops my jacket around my shoulders. He's packed it, of course. Such competence is, let's face it, annoying. But I accept without comment or demure and, hand in hand, we begin the milelong trek back up out of the gorge. The tail wind does help.

The first hikes of springtime are both rapture and pain, sometimes almost together. "Most people can't wait to get back outside after the snow melts," said Charles Kowalski, the director of hiking and mountain biking at the Canyon Ranch Resort in Tucson. "But many of them overestimate their fitness level. They say, 'I've been working out all winter.'"

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Canyon Ranch scotches such hubris by grading its 250 miles of trails on a scale from 1 to 6. A 1 is short, flat and frankly uninspiring. "We don't use them much," Mr. Kowalski said. The 2's are longer three to five miles -- and steeper, with an elevation gain of about 200 to 400 feet. "Those are ideal for beginners," he said.

If you're past that stage and want more of a workout than a walk, you should aim for a 3 or a moderate 4. These hikes, according to the Canyon Ranch ratings, are four to eight miles, with an elevation gain of 500 to 1,500 feet.

Mr. Kowalski added a caveat: "One person's 3 is another person's 5. It's best, especially on the first day of a weekend trip, to err on the side of being conservative. Go out easy. Expect to be tired."

This is excellent advice. We ignore it. My husband and I live in Santa Fe, 60 miles to the south and at the same 7,000-foot elevation as Taos. We spend our winters cycling desultorily. We are confident we can handle a more-than-moderate jaunt.

Besides, choosing a hike in the mountains around Taos requires little science. You can use "adventure dowsing": close your eyes and poke your finger down on a trail map, and odds are the route you pick will wind past pinyon, black bears and blood-orange Indian paintbrush, through cool alpine meadows or dusky, high-desert low county. The landscape is ineffably lovely.

"OUCH."

"Sorry. Oops."

Shale is shooting out from beneath my hiking boots like ballistic pumpkinseeds. My husband, in the rear, is taking the hits and not bearing up well. We have been on the Devisadero Loop Trail for barely five minutes and both of us are in full sympathy with sloth recidivists.

The Devisadero Loop is, by the Canyon Ranch measure, a nice, middling trek, six miles round trip. It's also less than 10 miles from downtown Taos, which fits our criteria; a hike that will have us back at our airy adobe inn by 3 p.m., when they switch on the hot tub. (We stayed at the Inn on La Loma Plaza, an intimate, elegant 19th-century mansion two blocks from the historic Taos Plaza. Most rooms have a fireplace, and those on the second level have views of Taos Mountain ($85 to $290; information: 800-530-3040).

The start of the Devisadero is a surprise. Its long, flat stretches are intercut by sudden, short, steep pitches, the first of which happens to come here. Breaking springtime's cardinal rule -- "go easy" -- I try mountain-goating up the hillside, slip, and pepper my husband.

"Slow down," he finally bellows. "It's a vacation."

Oh, right.

We settle into a rhythm. The trail, covered with broken basalt and sandstone, swings wide around Devisadero Peak. To the west, Taos Valley runs to the horizon. To the north stands Wheeler Peak, the highest mountain in New Mexico, snow-flecked and remote. A little farther on, a sign points out the site of the 1967 Vinateria fire. An ugly brown slash scars the far slope. For some Pavlovian reason, the sight makes me thirsty. We drink, then trek the final two miles to the summit.

The pinyon cover here is so dense that we can't see far, but the tip of Taos Mountain rises imperiously above the timber. Overhead, two hawks wheel like ashes on the wind. The breeze is light and piney, the ground sun-speckled and warm. Breaking out lunch, we laze on rocks, practically purring.

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The next morning, from the deck outside our room we watch the sunrise turn the Sangre de Cristo Mountains purple, then we drive the 30 miles north to the Wild Rivers Recreation Area and La Junta Trail. We've chosen La Junta because we've heard it's gorgeous, it's short (three miles), and we're sore.

But standing at La Junta Overlook, with its sweeping views over the Rio Grande Gorge, I am shaken by how steeply the land plummets here. The early scouts must have been flummoxed and terrorized. You can't cross or master this kind of rift. You can only yield.

As we start down the head of the trail, I am reminded of a benediction Mr. Kowalski offers his hikers: "Let business float away; keep your eyes on the trail and your mind in the moment." O.K.! That's preferable to keeping my mind on the 800-foot drop. With some hesitation, I pause to look out over the countryside. Limpid sunlight gilds the far cliff. Below, the Red River glows, silver as a snakeskin. There's an expectancy to the air, a compound of my thrumming heart, the tangy river water, and a brisk southwesterly breeze. Taking a deep breath, I step over a lizard and push faster down the trail -- a 2 on the descent, a wheezy 5 on the return, and by some indefinable calculus of adventure, a 10 by day's end.

The Devisadero Loop Trail Head is on Route 64 across the road from El Nogal Picnic Ground. For more information: Carson National Forest Supervisory Office; (505) 758-6200.

The Wild Rivers Recreation Area is off Route 522, north of the small town of Questa, N.M. Follow the signs to La Junta Trail. Maps are available at the parking lot or at the Taos Visitors Center. For more information: (505) 758-8851.

Fire restrictions have closed many of the hiking trails in the Southwest recently. It's best to call ahead before heading off for the weekend.

Photos: STEP UP -- Trails near Taos, N.M., (above) reveal both the pain and rapture of hiking. A hiker considers the view near Lake Minnewaska, N.Y. (top). (Rich Scibelli for The New York Times)

---- **Index References** ----

Company: CANYON RANCH

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January 16, 2005

Pauses that refresh ; At a desert spa, renewal for body and spirit

[All Editions.=.Sunday]

KOREN, LESLIE

Sweaty, my legs scratched by cacti, I stood with my hands on my hips and tried to catch my breath before taking another step up the steep slope.

We had been hiking for five hours and were minutes from the 7,000- foot-high peak. I had started out near the front of the group but trailed to the end when the oxygen thinned. Now I wasn't sure I could make it at all, but I was too tired to really think, so my legs just sort of trudged forward.

It may not be your idea of the ultimate luxury spa vacation, but when I finally stood in a "window" framed by orange rock, looking out at the jagged mountain ridges and clear blue sky, it was mine. The hard climb, an undeniable sense of accomplishment and the miles of breathtaking nature within my view had finally calmed my overactive mind. Purely contented, I took a seat to enjoy my peanut butter and jelly sandwich and hard-boiled egg.

You pay the big bucks for that feeling, and as a spa-goer your job is to figure out if you get it from pampering or performance. This being my third hike in so many days, it's a good guess to say that mine comes from the latter.

It was the last day of a four-day stay at Canyon Ranch in Tucson, Ariz., a pioneering high-end spa. Back in the '80s this was THE spa. I had wanted to go ever since hearing that Claudia, the coolest girl in my camp group, was going with her mom. At the time, I didn't even know what a spa was and I hated exercise, but if a trip there would make me more like Claudia, I was game.

Fifteen years later, I'd finally made it with my mother. But now, I wasn't hoping for an all-around makeover. I had already learned that I feel better when I am active, do yoga at least three times a week to maintain my sanity, and enjoy a little - but not excessive - professional massage.

We chose the Canyon Ranch for two main reasons. One, our trip was in early December, and I wanted warm weather. We got lucky: sunny and mid 70s every day. The week before it had been rainy and cold. Secondly, we wanted a large enough variety of both activities and spa services to satisfy our very different needs.

In recent years, my not-so-physically-active mother has made exercise a steady part of her diet. She still doesn't love it, but she was excited to learn some new techniques to bring back to her trainer. She wanted to try new classes, spend some quality time with me and soak up the serenity of our beautiful surroundings.

The ranch is located in the foothills of Tucson, on a sprawling Southwestern-style campus with large desert flora and reflecting pools and rock formations (some inscribed with words like "peace" and "intention"), all designed to soothe the soul, if that is your thing.

Aside from eating, the spa center is where all the hard-core indoor activity takes place. On one end is the spa itself: two hot tubs, a cold plunge, a dry sauna, a wet sauna, a eucalyptus inhalation room and a relaxation room. Here, you wait for your massage therapist or can visit the skin-care salon, neither of which you will want to miss.

The building also houses seven gyms, including a double-wide room of weight and cardio machines and another for indoor cycling, as well as the more tranquil yoga dome.

Further removed is the health and healing compound, an integral part of the spa experience for those who take part in the Life Enhancement Program. Canyon Ranch prides itself on offering cutting- edge medical and behavioral health treatments, one of the reasons its popularity has not waned over the years.

Throughout, the atmosphere is very casual. Flip-flops and sneakers are de rigueur. People wear exercise clothes all day, and many just throw on a sweater for dinner. No one gets made up or wears flashy jewelry. Last year, the ranch celebrated its 25th season, and many of the guests walked around in sweat shirts marking the many years they had been returning.

Three years ago, on our first spa trip together, my mother and I went to Rancho La Puerta in Baja, Mexico. The experience was very low-key and communal, in part because you were required to stay for one week (or at least pay for it), and at meals you were seated at tables with other guests. I had heard the vibe at Canyon Ranch was very different, but it was not. It may not be quite as easy, especially if you are traveling alone, but there are plenty of opportunities to make new friends and spark conversation.

As we were finishing dinner one night, two sisters - one from L.A. and one from Manhattan - sat down at the table next to us. It was their last night after a week at the spa, and they were rich with advice. According to either one or both of them, the following were must-dos: Watsu, Shiatsu with Ian, neuromuscular therapy for my mother's shoulder, astrology, a hair blow the day you leave, and, said the sister from L.A.: "Anything you don't do in your regular routine."

Their suggestions noted, we somehow moved on to an hours-long discussion of the different relationships between mothers and daughter-in-laws and mothers and son-in-laws. (Our universal agreement was that the daughter-in-law relationship never feels as easy). After talk turned to the difference between getting married and just living with your partner, it was time to say goodnight.

During my previous spa experience I had run from class to class, trying everything. This time, I tried a more focused approach and stuck to the outdoor activities and the yoga. Some people are happy to be cocooned at the campus, but I loved getting out into the nearby Sonora Desert.

Our days fell into routines. I would rise before dawn, grab breakfast and then run to a bike ride or hike while my mom spent her morning taking classes or on less strenuous hikes. We met for lunch, then separated again for the afternoon. I generally did yoga or relaxed at the pool, and she busied herself with other classes. She scheduled her treatments for 5 p.m. and went back to our room to dress. I would relax in the spa until 6, then get a message or facial, and then meet her for dinner.

There are a ridiculous number of spa services, so many it is overwhelming. Both my mom and I had scheduling snafus, which while not the end of the world were annoying when you've planned out your day accordingly. They are also easily avoidable by checking the paper confirmation of your appointments, which you can make either before your trip or once you arrive.

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Once you're inside one of the treatment rooms and at the hands of either a masseuse or a skin care specialist, any remaining concern disappears.

For my first facial, I lay down on a padded bed of fine cotton and then my aesthetician, Emily, played a concerto on my face with her fine fingers. That treatment alone would have been enough to satisfy me for weeks at home, but here I had three others.

At night there were inspirational talks on subjects such as investing in your future fitness and acting on your highest values, as well as light entertainment.

But my mom and I were always too late and too tired to take part. My mother had been somewhat debilitated during our stay at Rancho La Puerta because of arthritis in her foot. In better health at Canyon Ranch, she went a little overboard her first two days - weights, circuit training, yoga, Pilates, walking, stretching and finally a hike - and ended up nursing a charlie horse the next two. After all that hiking, I was hurting too.

Thanks to a suggestion by one of the guides, we both ran back and forth from the 104-degree hot tub to the 45-degree cold plunge to stimulate blood flow. We were both amazed to find ourselves not so sore the next day. Of course, the full body massages may have helped as well.

On our last morning, I stayed at the spa instead of running off to a hike or bike. The yoga class was too easy, so I decided to give rhythmic stretch a chance. It was me, my mom and one other client, and we were flowing to funk, stretching (or at least trying to stretch) our bodies into ridiculous positions.

This was a whole other Canyon Ranch experience, and I had only found it now. We were leaving at noon, there were other classes to be tried, but they would have to wait until the next trip. I had scheduled a final facial. After all, a little pampering can go a long way...

* * *

If you go

Details: There are two main branches of Canyon Ranch. One is in Tucson, Ariz., and one in Lenox, Mass., in the Berkshires. Rates cover all meals, fitness classes, and a spending account for either spa or healing services. Taxes, gratuities and transportation to and from the airport are also included.

Rates: Deluxe accommodations per person, based on double occupancy:

Tucson through June 4:

Four nights, $2,870.

Seven nights, $4,670.

Berkshires through March 16: Three nights, arriving Sun.-Tues.: $1,610; arriving Wed.-Sat.: $1,940.

Four nights, arriving Sun.-Tues.: $2,080; arriving Wed.-Sat.: $2,530.

Five nights, arriving any day: $2,810.

Seven nights, arriving any day: $4,080.

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Deals: Parent & Child Savings available from May 1 through Oct. 31 in Tucson and through May 26 in the Berkshires.

Parent pays the full package rate (with all services included) and a child 12 or over saves 25 percent (with one spa and sport service included). Additional children receive 50 percent off the nightly rate. Minimum four-night stay.

Tips:

* Plan to arrive in the area the night before so as not to waste one of your days traveling. If there is a room available within a week of your arrival, you can reserve it at a discount rate. If not, stay in an airport hotel and Canyon Ranch will pick you up early in the morning.

* The spa suggests you reserve your spa appointments before arriving. I didn't do this and had no problem getting appointments, but in busier times it may be more difficult.

* No alcohol is served on the premises, but you are free to drink in your room, if you bring a bottle of wine or whatever you prefer.

More info: (800) 742-9000, canyonranch.com.

ILLUSTRATION

Caption: * * *; 1 - COLOR PHOTO COURTESY OF CANYON RANCH - Above, yoga in the desert at the Canyon Ranch in Tucson, Ariz.; 2 - COLOR PHOTO - AMY PETERSEN - Right, hikers pass saguaro cactus on their way to a rock-framed "window" at the top of a 7,000-foot peak above Ventana Canyon.; 3 - COLOR PHOTO COURTESY OF CANYON RANCH - Top, the Canyon Ranch's guided hikes through the Sonora Desert are an integral part of the spa's program.; 4 - COLOR PHOTO BY AMY PETERSEN - Above, the author, in dark jacket, standing with her hiking group in the "window" at the top of a 7,000-foot mountain above Ventana Canyon;; 5 - COLOR PHOTO COURTESY OF CANYON RANCH - right, a patron having a European facial at the spa.

---- Index References ----

Industry: (Holiday Products & Services (1HO76))

Region: (Massachusetts (1MA15); USA (1US73); Americas (1AM92); Arizona (1AR13); New England (1NE37); North America (1NO39))

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NewsRoom

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January 28, 2007

Section: Travel

State of wellbeing It's the 'Power of Possibilities' Arizona is a land of cowboy legend and machismo to match its rugged terrain. But it has a gentler side, says Philip Sherwell, who discovers that it has become America's hottest spa destination

By Philip Sherwell

I think I've just got time for a final Stretch Express class," I declared cheerfully over the grilled chicken and bean salad. My friend Brenda looked at me in amazement. My natural milieu is more bar with gin than spa with gym.

The scene for the exchange was the adobe restaurant at Canyon Ranch, a spa and health resort in Arizona. Brenda was about to head to the airport at the end of our stay, but my flight was a few hours later - which was why I was contemplating a final flurry of breathing and stretching.

If the words "health resort" conjure up visions of some form of boot camp, then think again, at least in Arizona. The state is better known to most British visitors as home to the Grand Canyon, but it has also emerged as America's hottest spa destination, with the emphasis as much on the mental as the physical.

We stayed at two of the best-known spas: the elegant Arizona Biltmore Resort & Spa, an Art Deco treasure in Phoenix, designed by the architect Frank Lloyd Wright and known as the Jewel of the Desert, and Canyon Ranch on the edge of the Sonoran Desert in Tucson.

We began with the Arizona Biltmore, the lobby of which features a gold-leaf ceiling that is reputedly the second largest in the world after the Taj Mahal's. With its majestic backdrop of Squaw Peak, palm-fringed lawns and gardens, 18-hole golf course and spacious guest villas and cottages, the Biltmore is the epitome of Art Deco elegance and style. It's the sort of place that attracts world leaders and major movie stars: the walls are lined with black-and-white photos of all the luminaries, not to mention every president since Herbert Hoover, who have stayed since it opened in 1929. Clarke Gable and Carole Lombard and Ronald and Nancy Reagan are among those who've honeymooned here, Marilyn Monroe was a great fan of the Catalina pool and recent visitors have included George Clooney and Arnold Schwarzenegger (not to mention George W Bush shortly after our visit).

It may have been a playground for the rich and famous for three-quarters of a century, but the Biltmore still offers affordable extravagance. After our morning spa treatments, we lounged by the network of azure-blue pools and sipped daiquiries and piña coladas over lunch. No alcohol ban here - indeed, the hotel is proud that it continued to serve cocktails discreetly during Prohibition.

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The spa specialises in therapies with their roots in the region's rich Native American rituals, deploying local herbs such as aloe and treatments like the Sedona mud wrap and cactus flower wrap. I plumped for the aromatic salt glow and, a highlight of the trip, the Sonoran stone massage. For more than an hour, to soothing music, the masseuse rubbed and pressed smooth, hot basalt stones over limbs and muscles aching from a long flight. By the time I emerged, I was so relaxed that I wasn't sure my legs would carry me to the nearby Jacuzzi.

Brenda chose the lympthatic juniper and cypress massage, which she tells me smelt like a walk through a Swiss valley. She also went for the anti-ageing facial with a glorious array of lotions, creams, exfoliants and facial masks and a hand and foot rub thrown in.

Later that evening found us, still glowing, eating at Wright's, the hotel's restaurant and one of Phoenix's finest. There we washed down traditional south-western cuisine with some excellent Napa Valley wines before listening to the pianist at the bar. Irving Berlin wrote several of his most famous songs here, including - somewhat implausibly, given the climate - White Christmas.

The Biltmore and Canyon Ranch are only a couple of hours apart on a busy interstate highway, but unless time is terribly tight, you'd be crazy to make the journey that way. Instead, we took one of America's great road trips, looping east and south on Route 88 through the dramatic landscape of the Sonoran Desert. The winding drive through the gold-prospecting terrain took us past great rock fissures that opened from narrow gulleys into stunning desert panoramas. At one photo stop, we encountered one of the region's great predators - a big, furry tarantula slowly crossing the track that passed for a road at this point. As it ambled we scrambled, seeking refuge in the car while the creature headed nonchalantly into the scrub. Even then, Brenda took some convincing that the route was clear.

Throughout the journey we were accompanied by the magnificent massed ranks of saguaro cacti (the state symbol of Arizona), towering like sentinels. They spend their first 70 years as a single, fluted column; only at that ripe age do they start to grow the arms that give them such a distinctive look. The largest plants, with more than five arms and reaching up to 50 feet, are estimated to be 200 to 300 years old.

We stopped for lunch in the tiny outpost of Tortilla Flat, once a watering hole and stagecoach stop on the Apache Trail of the old Wild West and now home to just six permanent residents. Perched precariously on the chunky cowboy saddles that form the bar stools in the wooden bar-cum-diner, we ordered a searingly hot bowl of chilli and promptly lost all feeling in our lips. Thankfully, the old post office next door sells a restorative cactus ice cream.

Later, in the relative cool of the late afternoon sun, we clambered up a mountain path to visit the stone ruins of a 13th-century Indian settlement, before settling down for a night in a classic rundown American motel (and, for the uninitiated, far from the quirky romantic haunts that crop up constantly in the movies, most American motels are plain seedy). "Looks like the sort of place where we'll get murdered in our beds," Brenda observed morbidly as she locked her door. "Still alive?" was her relieved greeting in the morning.

Canyon Ranch lies in a mountain bowl, its grounds dotted with desert flowers and cacti and with wild boars as neighbours (and, indeed, as visitors when we encountered them one morning, snuffling around outside our chalet). Mel Zuckerman, an Arizonan property developer, founded the ranch 25 years after what he calls his "a-ha" moment - a California spa vacation while suffering from high blood pressure and ulcers. The resort is now at the forefront of what the New York Times has declared the "spa-ification" of America as the leisure industry seeks fresh markets and courts 40-something men like me who traditionally regard this sort of thing as a predominantly female pursuit (at Canyon Ranch, it must be said, most guests were women of a certain age).

Here, even the sceptical are quickly converted to what staff like to call "the Canyon Ranch experience" (the CRE). One incentive, of course, is the expense: it costs pounds - lots of them - to shed pounds here, so there's a considerable financial motivation to make the investment pay off.

The CRE actually begins before you arrive, when your personal programme adviser calls you up to discuss your priorities and goals - be it general fitness, specific health problems, weight loss or simply handling the stresses and strains of modern life. The motto here is the "Power of Possibilities" - so be prepared for some upbeat motivational talk from your hosts.

A typical day at Canyon Ranch might begin with an early-morning walk, hike or bike ride, and include yoga, Pilates or an aerobic work-out, golf and tennis lessons, and perhaps a healing touch workshop ("learn hands-on stress release and energy-balancing techniques") and a lecture on the genomics revolution (in which a Ranch physician explains how you can use information about your personal genetic make-up to the advantage of your health). And in case that it all sounds, well, just too healthy, then you could round off the day with a nutrionist discussing the history and health benefits of... chocolate.

To my amazement, one day I found myself strutting through an intensive workout in the funk aerobics course with a young rubber-limbed dance teacher in a room dominated by floor-to-ceiling mirrors. (Memo to self: don't look in the mirror in future - it was depressing to realise that my hot dancefloor moves are actually more unco-ordinated than disco-oriented). And then there were the stretch classes. It turned out that several years of physical activity confined to frantic dashes through airport terminals have left my body in a less than flexible state. Instructor after instructor expressed dismay at my tight hamstrings and stiff back.

There is an equally extensive array of optional paid-for massages, treatments and state-of-the-art medical and behavioural treatments. I tried acupuncture for the first time and was pleasantly surprised by the relaxing impact on my back and limbs (and relieved that I couldn't see the doubtless alarming sight of myself pierced by needles) and luxuriated in an aromatic massage with rosemary oils.

Brenda opted for the whole body mud-wrap, which sounded, well, an experience. In her words: "In a darkened room, you lie on your side naked while warm heavy dark mud is applied with a soft brush. Think basting a turkey. Then the applier wraps you in plastic and canvas covers and then leaves you there while the mud does the healing and moisturising." She also had the chroma lift facial, based apparently on a traditional Chinese approach, in which her face was bathed and masssaged with oils while coloured lights were beamed on to her skin; after which a clay mask was applied, also accompanied by the light show.

There is also a wide range of cutting-edge treatments - most notably the increasingly popular personal genomic assessment - offered by the array of resident experts among the staff of 2,200. I opted for the memory assessment and enhancement session as my life is increasingly plagued by lost keys, misplaced wallets and forgotten names. The doctor talked to me at length about the need to establish links in my mind that will bring a name or event back into mental view. All very well, in theory, but rather time-consuming. I still can't find my keys and now I've forgotten his tips.

Haute meets healthy in the cuisine - which is a blessing, as you will probably be eating here three times a day. The emphasis is, not surprisingly, on the wholesome: each dish on the menu is accompanied by a calorie and fat count and the salad bar is piled high. But the acclaimed chefs don't let this restrict their creative options, with the emphasis on a balanced diet and that most un-American of concepts, sensible portions. There are even desserts.

So as Brenda left for the airport, I headed for one last stretch class. "My God, you've got it," said Brenda. "Sherwell of all people. Who'd have thought it?"

Getting there

British Airways (0870 850 9850; www.ba.com) has direct flights to Phoenix from pounds 385 in March.

ESSENTIALS

Staying there

Arizona Biltmore Spa & Resort (001 602 955 6600; www.arizonabiltmore.com); spa package, from $610 (pounds 309) until May 23 ($395, May 24-September 17), which includes one night's b & b for two and one 50-minute spa treatment each. Canyon Ranch Tucson (520 749 9000; www.canyonranch.com) offers four-night all-inclusive "health vacation" packages from $3,280 (pounds 1,665) per person. Car hire can be booked through Hertz (www.hertz.co.uk).

---- Index References ----

Company: BRITISH AIRWAYS PLC; BRITISH AIRWAYS (SOUTH AFRICA); BRITISH AIRWAYS; BRITISH AIRWAYS (GHANA); TRAVEL TRENDS BOTSWANA (PTY) LTD; STATE FORTIFICATION STS JAKSN MS L L C; BRITISH AIRWAYS (MALAWI); BRITISH AIRWAYS (UGANDA)

Region: (USA (1US73); Americas (1AM92); Arizona (1AR13); North America (1NO39))

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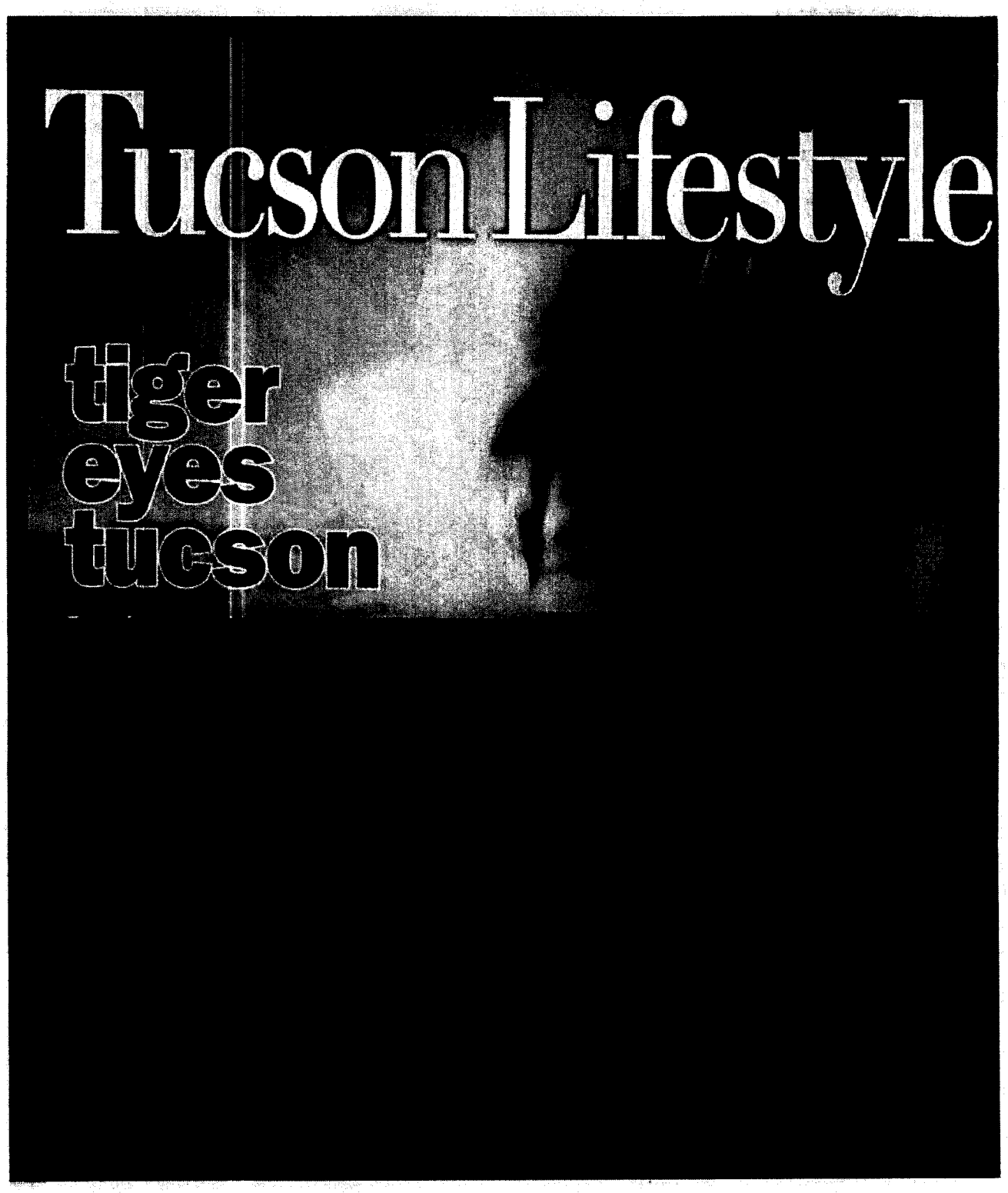
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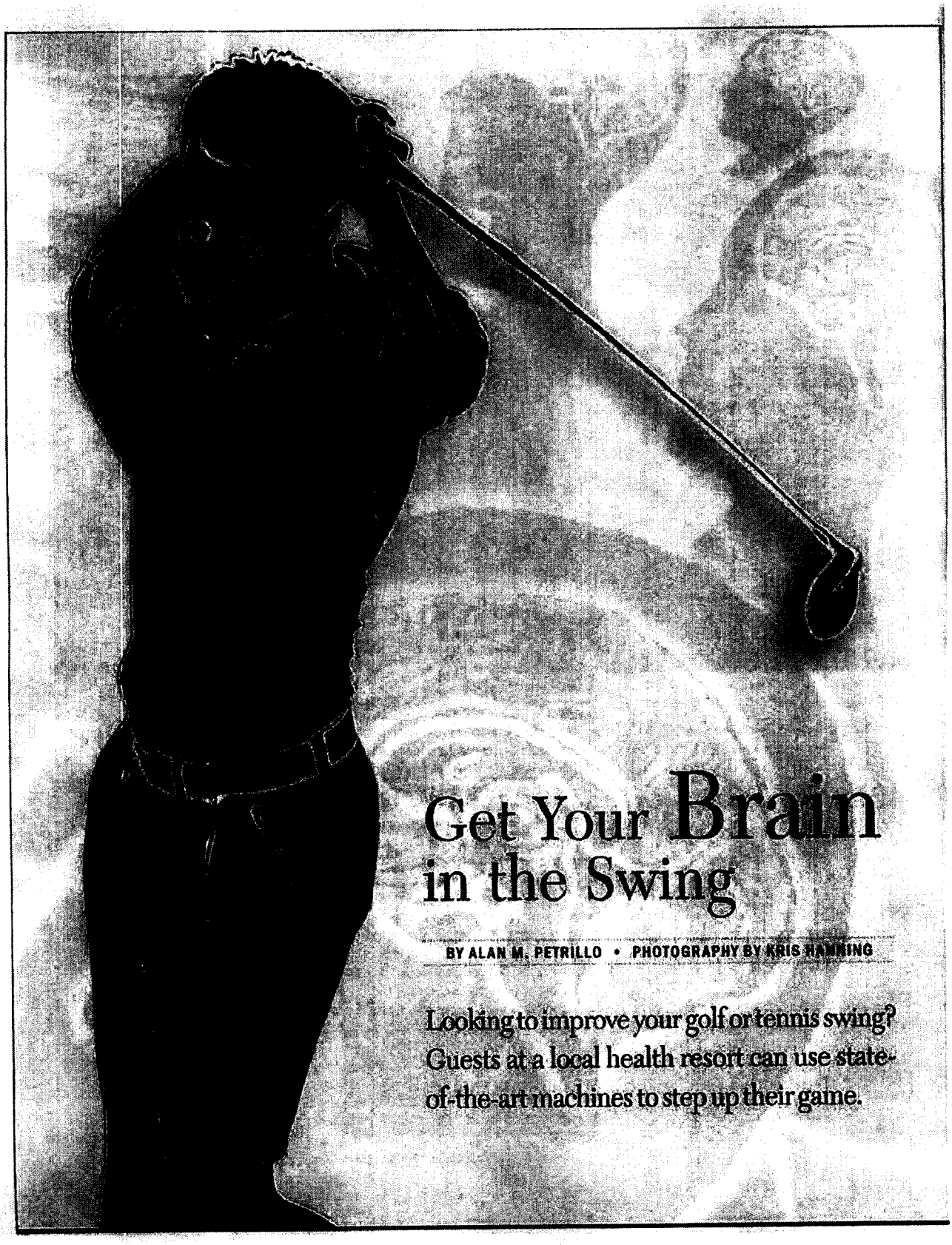


Get Your Brain in the Swing

BY ALAN M. PETRILLO • PHOTOGRAPHY BY KRIS HANNING

Looking to improve your golf or tennis swing? Guests at a local health resort can use state-of-the-art machines to step up their game.

Do your muscles know what your brain is thinking?

If they don't, they probably should, because brain-to-muscle coordination is of major importance in many healthy endeavors, from everyday living to hard-knock athletic pursuits.

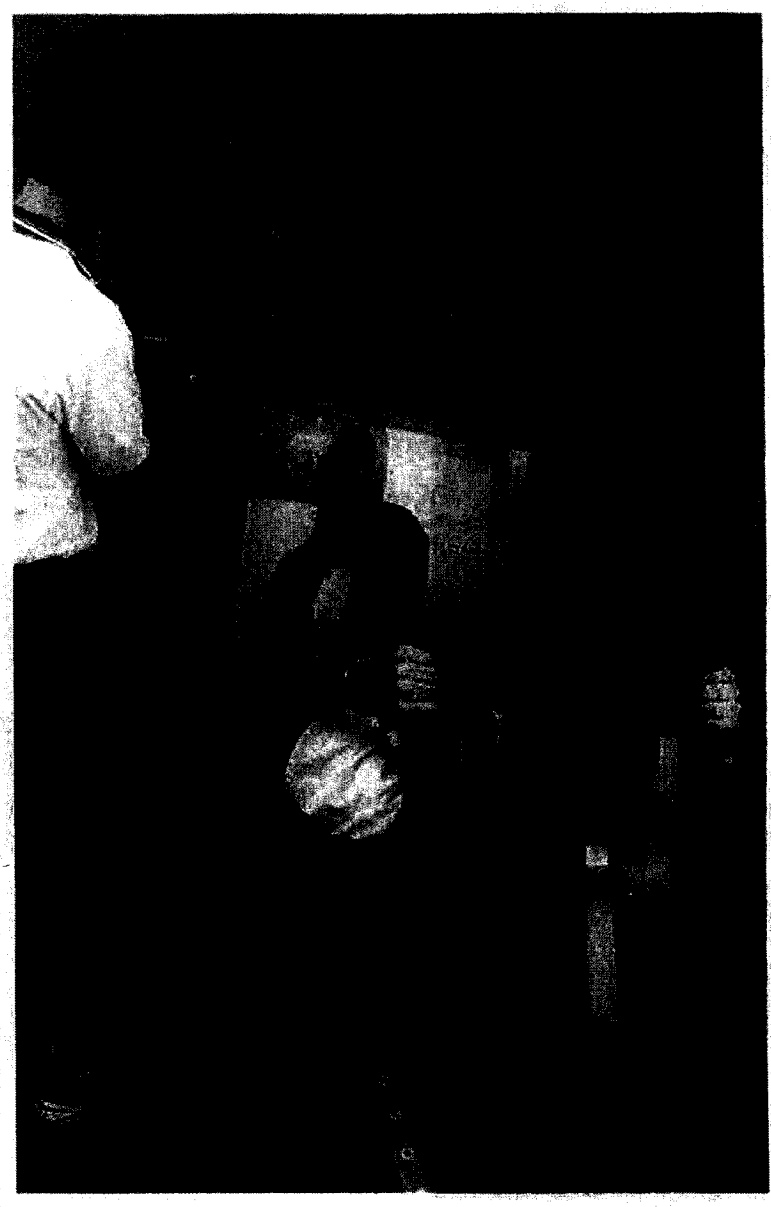
Mike Siemens, director of exercise physiology at Canyon Ranch, says golfers, tennis players and those participating in any muscle-dependent sport or exercise should be especially concerned about brain-to-muscle coordination and believes many of them can benefit from a new "peak performance" program using state-of-the-art testing and training equipment.

Called the CDM Monitored Rehab System (MRS), Canyon Ranch's set of four computer-integrated machines — covering Functional Squat, Cable Column, Seated Row and Back Extension — detect muscle imbalance and strength level symmetry in the body. Custom tailored innovative drills using the machines can help an individual reach his/her sport or training goal.

Siemens adds that Canyon Ranch guests who decide to undergo testing and training are paired with one of the nine exercise physiologists to help translate the computerized results into easy-to-understand information.

Michael Garten, the executive director of the Accenture Match Play Championship (Feb. 21 to 25 at The Gallery Golf Club at Dove Mountain's South Course), recently took the opportunity to test the Monitored Rehab System — and be evaluated by the system's computers.

"The ability to use the computer technology with the fitness part of the equipment is what is really interesting," Garten says. "This equipment works at the level that Pro Tour players would want to improve their golf games, and I see a lot of value in it for regular players, too." ▸



RIGHT Mike Siemens (left), director of exercise physiology at Canyon Ranch, assesses Michael Garten's isometric leg strength on the CDM-MRS equipment.

"We emphasize balance and coordination in golf and there are many ways you can be out of balance and execute a golf swing, but not many ways you can stay in balance and execute the swing," Siemens points out. "Checking on the strength and reaction time is all part of the puzzle of brain-to-muscle communication and body awareness."

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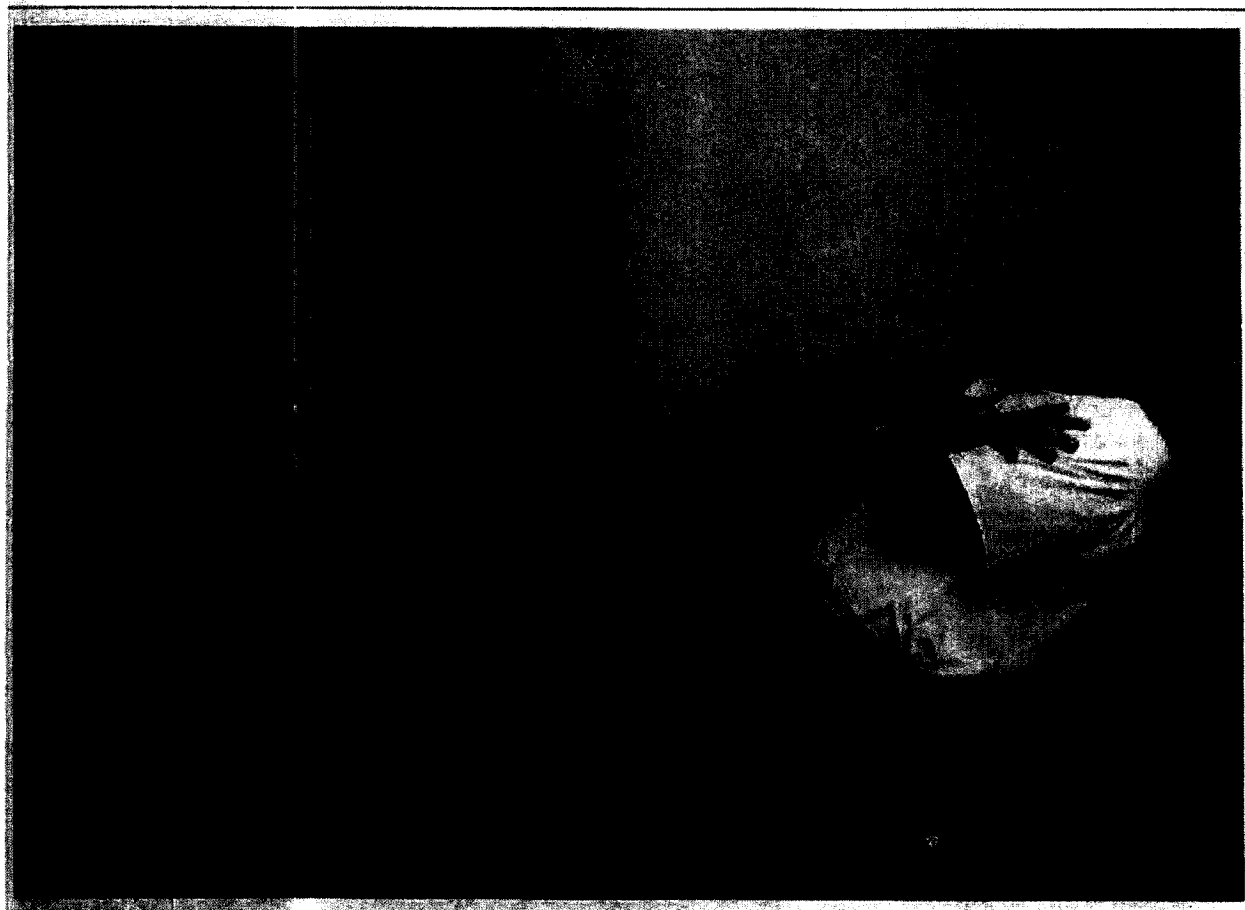
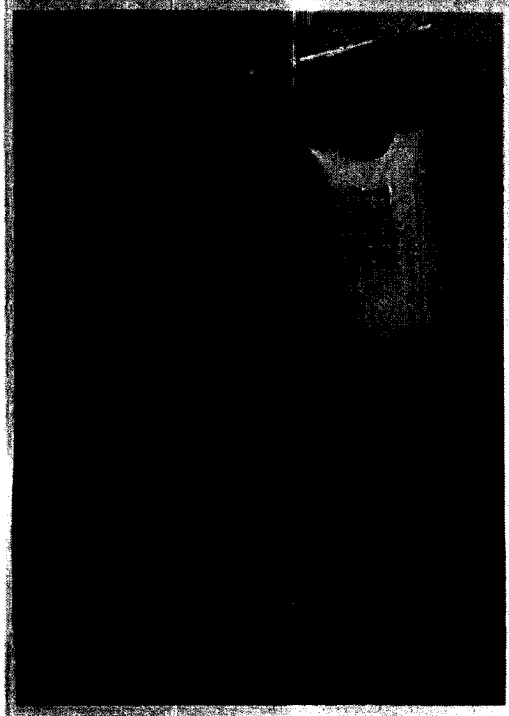




Garten, now a Tucson resident, calls himself an average golfer who, because he has more room for improvement, came away from his session with a lot of good information about his brain-to-muscle coordination.

"In golf, balance is important," Garten says, "so this equipment, which can test your right hand versus your left, and your right leg versus your left, is a big help in determining your dominant side."

Siemens points out the goal of the system is to provide objective feedback for people regarding their muscle strength, coordination, function, response time and contraction ability, each comparing the left and right sides.

"The first benefit of the MRS is in identifying muscle strengths and balances that the person was previously unaware of," he says. "A lot of people don't know their right arm or leg is dramatically stronger than their left, or vice versa."

Being aware of muscle strength imbalance is important because when an individual is exercising at home or in the gym, he or she can isolate a limb and train it independently for a period of time until strength equals out on both sides.

When Garten took the muscle strength imbalance test, Siemens found that he is dramatically stronger in his left leg, which produced more force in less time than his right.

"So Mike needs to work on his right leg strength independently of the left, as well as his reaction time," Siemens notes.

ABOVE Michael Garten, executive director of the Accenture Match Play Championship to be held this month in Tucson, checks out his lower back muscle strength coordination.

LEFT Garten uses a "lift and chop" exercise to assess his rotational strength.

OPPOSITE Siemens analyzes Garten's external rotation ability.

CR003144

Garten could use the MRS equipment to achieve those goals, Siemens adds, or he could do timed responses at home, like moving his foot out and back and repeating the movement while sitting at a desk chair.

"It works on the brain-to-muscle coordination and it doesn't involve force because it involves reaction time," Siemens says.

On the endurance capacity test, Garten scored well because his muscles did not fatigue much after 20 repetitions.

"Mike has remarkably good resistance to fatigue," Siemens says. "We just need to work out balancing the right and left strength, and the right side coordination and reaction time."

How would this kind of information translate into helping Garten with his golf game?

In terms of muscle coordination in each of his legs, Garten showed coordination, concentrically and eccentrically, which is good, Siemens says. But he showed a large deviation from the left to right side concentrically, which concerns Siemens.

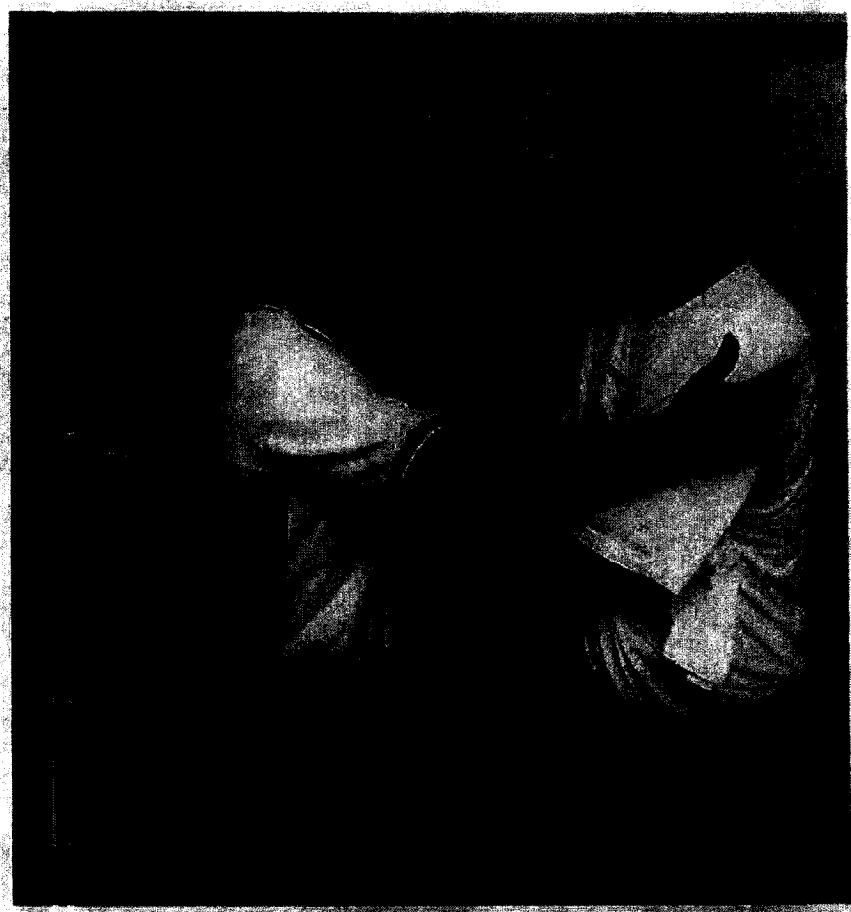
"Muscles contract in two different ways. Concentric contraction is what we're doing when we do a bicep curl exercise. The muscle in your arm shortens as the bicep brings your hand closer to your mouth. That muscle also can contract as it lengthens when the hand moves away from the face, but it's also doing some work because it if wasn't, your hand would fall at the rate of gravity. That's called an eccentric contraction."

For most people, the concentric move is the stronger of the two, but eccentric muscle contractions are important for preventing injuries. For instance, when you are hiking downhill, your quadricep and gluteal muscles are working eccentrically to slow down your body.

"There's a lot of evidence to support the idea that if you have good eccentric coordination and control of your muscles, you'll be a little less susceptible to injury," Siemens notes. "And the MRS equipment is able to evaluate both the concentric and eccentric phase of muscle motion."

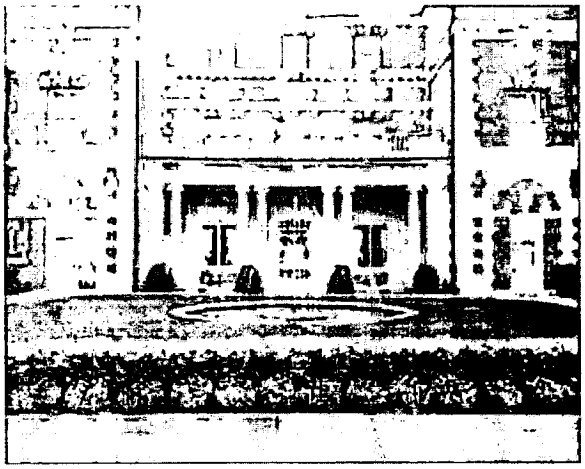
Garten believes that using the equipment to test for improving muscle reaction time also could have a positive effect on the fatigue factor that sets in when you play a round of golf.

"And it could be a big help in relation to how your eyes react to what they see and processing that information so that your body reacts to it," he says. TL



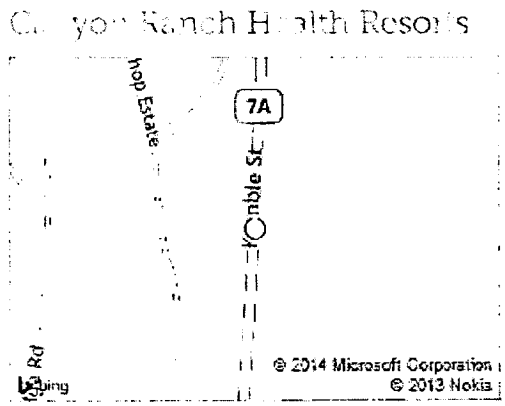
examiner.com

Spa and travel review: Canyon Ranch Lenox Day 2



Michele McIntyre

Michele McIntyre
Spa Examiner



165 Kemble St, Lenox, MA

May 31, 2013

Canyon Ranch always seems to make big lists. So why did it take me so long to go? I must be excited about the possibilities that my first full day here will bring because I wake up at first light. A glance at the bedside clock reveals it's 4:52 am. For an hour, I try to fall back asleep but the drowsiness evades me. I consult my Canyon Ranch schedule and see that there is a morning walk at 7:00 am and that's how I start my day.

After a brief outdoor stretch, three guides lead a group of 15 or so guests on an invigorating walk (and by invigorating I mean my short legs can barely keep up with the fastest walkers) through the nearby town of Lenox. But it's all good because the guides offer plenty of options for all fitness levels. You can walk at your own pace for 30 or 45 minutes and one of the guides will always be nearby. When the brisk walk ends we stretch again in front of the mansion and finish just before 8am.

CR003108

I've earned breakfast and fuel up on **Banana Bread French Toast** and help myself to the breakfast bar where here are beautiful fruit salads, low fat/low sugar yogurts and whole grain cereals and muffins. I'm definitely not going to lose weight on this trip but I'm hoping the extensive activities will offset some of the caloric intake from this amazing food. Every dish is portion and calorie controlled but I can't help try everything and I suspect it's going to do a number on my waste line.

At 9:15, I meet up with a team of Outdoor Sports guides for a hike/canoe trip. We'll be gone about three hours - back in time for lunch - and the guides give us a briefing about what we can expect as we head off to the van that will shuttle us to the boat launch and trail head. Our group of 8 is split in two and half of us hike while the other half paddles the canoes. We met in the middle and switched, but not before a bag of signature Canyon Ranch snacks is passed around. It is nearly impossible that the **Black Forest Brownie** is healthy but a glance at the recipe on the Canyon Ranch website proves otherwise. With healthier substitutions like egg whites and applesauce subbing in for whole eggs and some of the fat, these portion controlled treats aren't all that bad at a respectable 130 calories. Now if I could stop at one..... The **Canyon Ranch Granola** is pretty popular too and I couldn't figure out how it was sweetened. It turns out they use fruit juice concentrate in place of some of the higher calorie sweeteners like maple syrup and honey. I love this place!

The excursion is fantastic offering just the right level of challenge and elevation change on the two mile hike and just enough beautiful scenery to keep paddling till the end of the two mile canoe trek. Once again I'm impressed with the skills and knowledge of our guides and I feel safe with them as we hike a portion of the famed Appalachian Trail.

Our group arrives back at The Ranch a little earlier than expected and I duck into the Lunch & Learn cooking demonstration just in time. Chef Dan leads us through the proper technique for cooking duck breast. We learn how using ingredients like tamari and fish sauce can add flavor and ethnicity to foods without adding fat and calories. The chef suggests filling a spray bottle with canola oil for a portion controlled (1/4 teaspoon) spritz when sautéing. Once again, the cooking demo is one of the highlights of the day. I'm walking away with simple and practical tips I can use to make healthier and more nutritious meals at home. I'm learning to use new and interesting ingredients to get me out of my rut of preparing the same foods in the same manner all the time.

CR003109

After a brief rest and shower in my well-equipped and comfortable guest room, I emerge recharged and ready for the afternoon. I take a challenging TRX Strength class using the suspension trainers that will no doubt leave me sore tomorrow and begging for a deep tissue massage. Fortunately I'm in the right place. I swing by the salon on my way back from class and ask if they have any immediate openings for a Foot Rescue! Pedicure and they do. The staff at canyon Ranch are genius at indulging guests' every request. Never once do I hear any guest told "no".

At dinner I pile my plate high with more crisp, fresh veggies from the salad bar. My intake of dairy and animal proteins is way down for the past two days and I don't even miss it. I love eating seeds, nuts and an abundance of fruits and veggies lightly dressed and minimally prepared. I could really get used to eating this way.

The breadth and depth of programming at Canyon ranch impresses me. Fencing? They've got it. Cooking lessons? That too. Lectures on skin care, healthy feet and weight loss? Yes. Every current trend in exercise and movement is represented in the offerings from Reebok Step to yoga and Pilates, from outdoor sports like biking and kayaking to water aerobics, Canyon Ranch has you covered.

After dinner I resist the urge to attend another class or lecture and I grab my favorite travel magazine and wander out to the picturesque courtyard to read and journal for a bit. The summer air is warm and breezy, the birds are chirping and there are chipmunks scurrying around me. As the sun sets, I cap off my day with a trip to the spa for a sauna, steam and dip in the whirlpool. It is quite possibly the perfect day.

Looking forward to Day 3: High intensity fitness classes, a lunch & learn cooking demonstration, an afternoon guided bike ride and some more spectacularly delicious and healthy food.

As is common in the travel industry, Canyon Ranch Lenox provided the writer with two complimentary nights and one night at a discounted media rate. A stay at Canyon Ranch includes a spa/activity service credit, all meals and snacks, complimentary fitness classes and wellness programing.

FITNESS & ACTIVITIES

EXERCISE & MOVEMENT
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COOKING DEMOS & CLASSES
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WHAT'S NEW

Hiking

Hiking is an ideal way to pursue fitness while enjoying the diverse natural beauty that surrounds Canyon Ranch in Lenox. At any time of year, the Berkshires offer a wonder-filled, challenging environment for fitness enthusiasts and a serene setting for contemplation.

Please contact Outdoor Sports at Ext. 5535 for more information.

GROUP HIKES

Hiking is an ideal way to pursue fitness while enjoying the strikingly diverse natural beauty that surrounds Canyon Ranch. Hikes vary in length and terrain to accommodate all levels of fitness and experience. Guide service, packs, water, a meal or snack and transportation to trailheads are provided. Bring your hiking boots (preferably broken-in), a hat and extra layers of clothing in the fall and winter. Don't forget your appetite for adventure – even if you have never hiked before, you're in for a great experience. Sign up: Spa Activity Board.

complimentary

HIKE & PAINT

Explore the connection between nature and art. Enjoy a private watercolor-painting lesson with a beautiful backdrop.

$95

PRIVATE HIKES

If you prefer a hike tailored to your interests, private hikes may be scheduled through the hiking department. Hikes can be customized for any focus, length, level of intensity, terrain and duration you prefer. 24 hours advance notice required.

times & fees vary

QUESTIONS AND RESERVATIONS

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FITNESS & ACTIVITIES

EXERCISE & MOVEMENT
AQUATIC EXPERIENCES
GOLF PERFORMANCE CENTER
SPORTS & OUTDOORS
COOKING DEMOS & CLASSES
METAPHYSICAL
CREATIVE ARTS
SERVICES FOR TEENS

Hiking

Hiking is an ideal way to pursue fitness while enjoying the diverse natural beauty at Canyon Ranch in Tucson. Here you'll bask in the year-round sunshine of the healing and inspiring Sonoran Desert. Led by Canyon Ranch outdoors experts, you'll encounter fascinating desert plants and wildlife, surrounded by the spectacular Santa Catalina and Rincon mountains.

Please contact Outdoor Sports at Ext. 4355 for more information.

GROUP HIKES

Hikes vary in length and terrain to accommodate all levels of fitness and experience. Guide service, packs, water, a meal or snack and transportation to trailheads are provided. Bring your hiking boots (preferably broken-in), a hat, sunblock and extra layers of clothing in the fall and winter. Don't forget your appetite for adventure – even if you have never hiked before, you're in for a great experience. Sign up: Outdoor Sports sign-up board or Program Advising.

complimentary

ON-PROPERTY ACTIVITIES

Do you want to learn about the Sonoran Desert without leaving the Ranch? On-property bird walks and nature walks are available each week. The bird walks cover approximately two miles around the Ranch and Sabino Creek area. Binoculars and breakfast snacks are provided. Sign up at the Spa Activity Board or Program Advising. Nature walks meet in the Spa lobby and are led by a staff naturalist. See *This Week at Canyon Ranch* for days and times.

complimentary

PRIVATE HIKES: CRAFT YOUR OWN JOURNEY

What's your ideal hike? Private hikes tailored to your own interests may be scheduled through the Hiking department. View desert critters by night, or take a mindful walk along a scenic trail. Hikes can be customized for any focus, length, level or intensity, terrain and duration you choose. 24 hours advance notice required.

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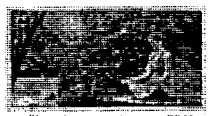
New You



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YOUR HEALTH

Benefits of a Strong Core

This group of muscles supports much of what you do

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fees vary

SPECIALTY HIKES

Interested in outdoor activities with a special focus? Look for specialty programs listed on the Outdoor Activity Board in the Outdoor Sports sign-up area.

Geocaching – Enjoy a great hike and enhance your problem-solving skills on this high-tech treasure hunt using portable GPS units. No GPS experience necessary.

Nature Discovery Hike – The Sonoran Desert is an environment like no other. Join our naturalist to learn all about this unique landscape on an interpretive hike into the world of towering saguaro cacti, gregarious cactus wrens and countless desert discoveries.

Night Vision Goggle Experience – Join us on a night walk in nearby Sabino Canyon. Using night-vision goggles, we'll look for nocturnal wildlife usually hidden in darkness.

Photography Hike – Celebrate the beauty of the desert and learn techniques for taking memorable nature photos on this easy, inspiring hike. You'll have a Canon G-11 to use and will receive a CD of your images to take home.

Paint & Sketch the Sonoran Desert – Take a short walk at daybreak in a beautiful desert oasis. Learn new techniques as you sketch and paint at Tucson's Agua Caliente Park. Instruction and supplies provided. No experience necessary.

$95

$125 for Night Vision Goggle Experience

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FITNESS & ACTIVITIES

EXERCISE & MOVEMENT
AQUATIC EXPERIENCES
GOLF PERFORMANCE CENTER
SPORTS & OUTDOORS
COOKING DEMOS & CLASSES
METAPHYSICAL
CREATIVE ARTS
SERVICES FOR TEENS

Biking

A variety of bikes – comfort, hybrid, road and mountain – are available for complimentary use. (Availability varies subject to the needs of scheduled rides.) Inquire at the Hiking/Biking office in the Spa between 8 am and 4 pm. Biking staff can provide maps and suggested routes. Rides are conducted on quiet local roads or on unpaved backcountry trails. Helmets are provided, and required, and various pedals to clip in. Please contact Outdoor Sports at Ext. 4355 for more information.

GROUP BIKE RIDES

Ride through the dramatic desert terrain of the nearby Santa Catalina foothills or Saguaro National Park on a 24-speed bike. Guided tours are offered daily for beginning to advanced riders. Distances range from four to 33 miles. Bring warm gloves, a hat and a windbreaker in fall and winter. (An additional fee applies for some group rides.) Sign up: Outdoor Sports sign-up board or Program Advising.

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PRIVATE BIKE TOURS

If you're looking for new adventures, greater challenges, or in-depth instruction, a private, guided bike tour may be just the ticket. Tours can be of any length, and suited to any skill or fitness level. Options include half-century rides on the rural outskirts of Tucson, ascending the nearby Santa Catalina Mountains and more. Shorter private tours, lessons and private group rides also are available.

fees vary

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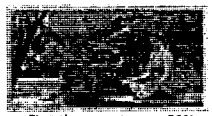

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FITNESS & ACTIVITIES

- EXERCISE & MOVEMENT
- SPORTS & OUTDOORS
- COOKING DEMOS & CLASSES
- METAPHYSICAL
- CREATIVE ARTS
- SERVICES FOR TEENS
- WHAT'S NEW

Biking

GROUP BIKE RIDES

Whether it's an aerobic workout you're looking for or just a casual road ride, our high quality hybrid bikes feature upright handlebars and easy gearing to make your ride more enjoyable while you view the scenic Berkshires. Our guided tours feature rides of various levels with distances anywhere from five to 25 miles.

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GROUP MOUNTAIN BIKING

There's no better view of the Berkshire woods than from the seat of a mountain bike. We offer rides from beginner to advanced.

complimentary

BIKING ON YOUR OWN

Bicycles are available for independent use from May through October. (Availability varies subject to the needs of scheduled rides.) Inquire at the Outdoor Sports Desk or call Ext. 5535 between 8 am and 2 pm.

complimentary

PRIVATE BIKE TOURS

Personalized bike tours may be arranged for a fee.

times & fees vary

BIKE LESSON

Want to learn to ride a bike? Want to learn to mountain bike, or improve your technique? Bike lessons may be arranged for a fee.

$125 for 50 minutes

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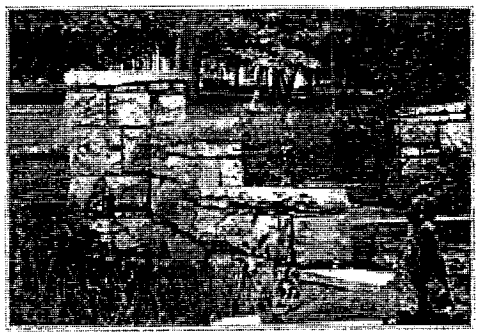
CANYON RANCH CONNECTION

VOLUME 30, ISSUE 3
FALL/WINTER 2011

SEEING OUR VISION GROW
SOLVING THE WEIGHT LOSS CHALLENGE
NEXT GENERATION OF HEALTHY
BUILDING YOUR HOME HEALTH TEAM
SETTING UP YOUR HOME GYM
GLUTEN-FREE: CURE OR FAD?
FESTIVE WINTER DINNER
IN TOUCH
CANYON RANCH INSTITUTE
DREAM STREET & CANYON RANCH
CONSUMER CHOICES
HOTEL & SPA IN MIAMI BEACH
SPACLUB® LAS VEGAS
DESTINATION TUCSON
DESTINATION LENOX
STAY CONNECTED
TUCSON FEATURED EVENTS
LENOX FEATURED EVENTS
MIAMI BEACH FEATURED EVENTS
TUCSON SPECIALS
LENOX SPECIALS
MIAMI SPECIALS

Destination Resorts – Lenox, Massachusetts

A Place for All Seasons



Savor the spectacular scenery, clean mountain air and distinctive beauty of the cooler seasons in the Berkshires. Stay in shape this autumn with invigorating hikes, or take a bike ride through charming New England countryside. Love the snow? Join our friendly outdoor guides for cross-country skiing, snowshoeing and other outdoor excursions.

Cool tip: Prepare for snow activities in advance. Do your sport-specific training now (you can work with our experts – they love winter!), so you're ready to go when the first flakes fall.

QUESTIONS AND RESERVATIONS

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connection

Missing something? Check out our previous newsletters for healthy insights & inspiration.

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Tweet
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+1
EMAIL
PRINT

CANYONRANCH.
The Power of Possibility.

Snapshot – Lenox

Fall in love with Lenox

What could be better than autumn in New England? Enjoy every colorful possibility at Canyon Ranch in Lenox. Hike through stunning foliage, paddle a canoe on a perfect lake, breathe in the crisp air and enjoy all the seasonal pleasures in our healthy slice of paradise.

Waiting for snow? Our friendly outdoor guides would love to lead you in crosscountry skiing, snowshoeing, pole-hiking and other outdoor excursions.

Can you smell the pine trees and hot cider already?

Add a comment...

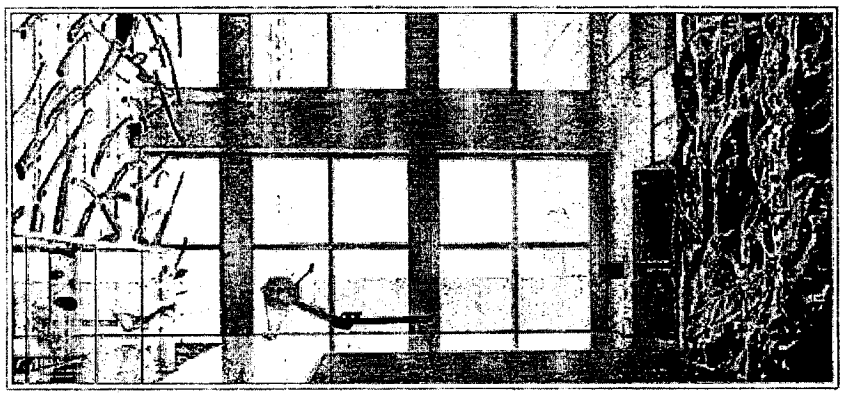
Comm

Facebook social plugin

CANYONRANCH.
The Power of Possibility.

Adventure & Outdoors

The year-round beauty of Miami Beach is the spectacular setting for numerous individual and group indoor and outdoor activities led by experienced instructors. Challenge yourself on our rock wall, get active on our beautiful beach with a complimentary Beach Conditioning class or Beach Boot Camp - or let us make arrangements for additional outdoor activities, from golf and tennis to kayaking and surfing. You'll have fun and feel terrific!



ROCK-WALL CLIMBING

Challenge your body and spirit by climbing our two-story indoor rock wall. Go straight to the top or travel horizontally and make it part of a fun and challenging circuit training workout! Climbing is available individually, with a friend or in small groups. Complimentary Rock Wall Orientation Classes, as well as semi-private small group classes can be found in This Week at Canyon Ranch. Private and Duo sessions can be booked at your convenience with a Program Advisor. Shoes and helmets are provided and required. Please wear socks and fitness attire for this activity.

$50 for 25 minutes
$95 for 50 minutes

OFFSITE OUTDOOR ACTIVITIES

Golf

Tee off at one of Miami Beach's world-class golf courses. Choose from training sessions, private golf clinics, corporate golf outings or tournaments, or simply practice your swing at the driving range.

Tennis

Test your physical strength and endurance with the intense rigors of a tennis workout. Canyon Ranch arranges tennis activities for groups or individuals on clay or hard-floor courts throughout the city.

Kayaking

Enjoy the beauty of Miami Beach and its waterways from a whole new perspective. Guided kayak tours, private or group tours, full-moon excursions and special events are available.

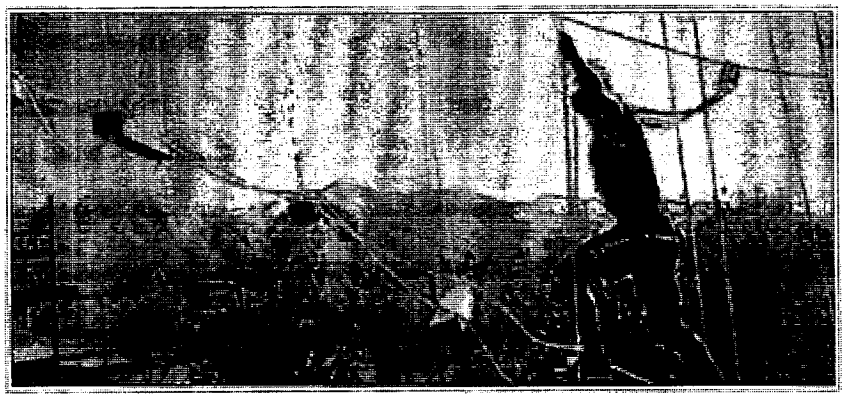
Surfing

Experience the natural energy of the surf on one of the cleanest and most beautiful beaches anywhere. Learn about the mind/body aspects of this uniquely rewarding sport. Surf lesson programs for men and women of all ages and skill levels are available.

Fees vary for these services, which can be arranged through the hotel Concierge.

CANYONRANCH.
The Power of Possibility.

Sports & Outdoors



If you're itching to move ahead as an overall athlete or in a chosen sport, there's a "dream team" at Canyon Ranch waiting to help you. The year-round beauty of the spectacular Sonoran Desert is the inspiring setting for individual and group outdoor activities led by experienced guides and instructors.

BIKING

A variety of bikes – comfort, hybrid, road and mountain – are available for complimentary use.

> More

HIKING

Hiking is an ideal way to pursue fitness while enjoying the strikingly diverse natural beauty.

> More

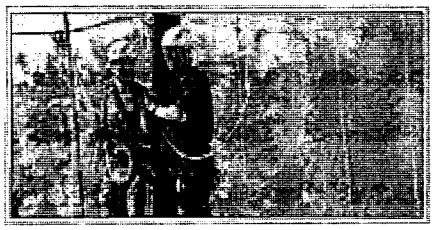
PRIMITIVE TECHNOLOGY

Learn timeless survival skills and hone your senses as you connect with the ways and wisdom of our

ancestors.

> More

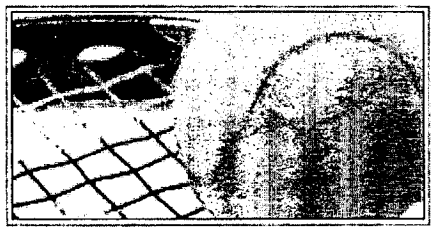
HIGH ROPES ADVENTURES



It's daring, fun and thrilling! Discover new things about yourself and how you perceive risk.

> More

RACQUET SPORTS



Swing a racquet, have fun and hone your technique in the popular fast-paced sports of tennis or pickleball.

> More

GOLF PERFORMANCE CENTER

Experience golf the Canyon Ranch way with PGA pros in our 3,400-square-foot Golf Performance Center.

> More

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CANYONRANCH.
The Power of Possibility.

Sports & Outdoors

Hiking, biking, canoeing, kayaking, skiing, snowshoeing and just being out in the lovely Berkshire Hills are among our guests' most treasured experiences at Canyon Ranch. Reap the rewards of health and fitness by letting the sights and sounds of nature renew your spirit while you get a great workout in the company of our knowledgeable guides. Many of our Outdoor Sports activities are complimentary; please check to see whether fees apply.

BIKING

We have biking options for every situation, whether you want to ride alone or with a group, on the road, or off!

> More

HIKING

Hiking is an ideal way to pursue fitness while enjoying the diverse natural beauty.

> More

ON THE WATER

Enjoy a wide variety of canoe,

kayak, sculling and paddle boarding options on scenic Berkshire lakes, ponds, and rivers.

> More

IN THE SNOW

Winter is a beautiful time to enjoy skiing, hiking, and snowshoeing adventures.

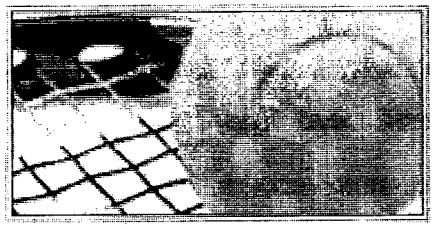
> More

ROPES

On our High Ropes Challenge Course, you'll discover new things about yourself and how you perceive risk.

> More

RACQUET SPORTS



Our skilled USPTA-certified tennis pros offer fun and constructive ways to improve all aspects of your game.

> More

ASTA AGENCY MANAGEMENT
WASHINGTON, DC
MONTHLY 30,000
FEBRUARY 1999

Packaged Travel

67:13A Canyon Ranch

Spa treatments are a highlight at The Peaks Resort in Telluride.

Profiting From Spa Vacations

By Kate Rice

The spa industry has yet to develop user-friendly packaging — including air, spa treatments and accommodations bundled together — but agents can still look to this segment to create interesting packages of their own.

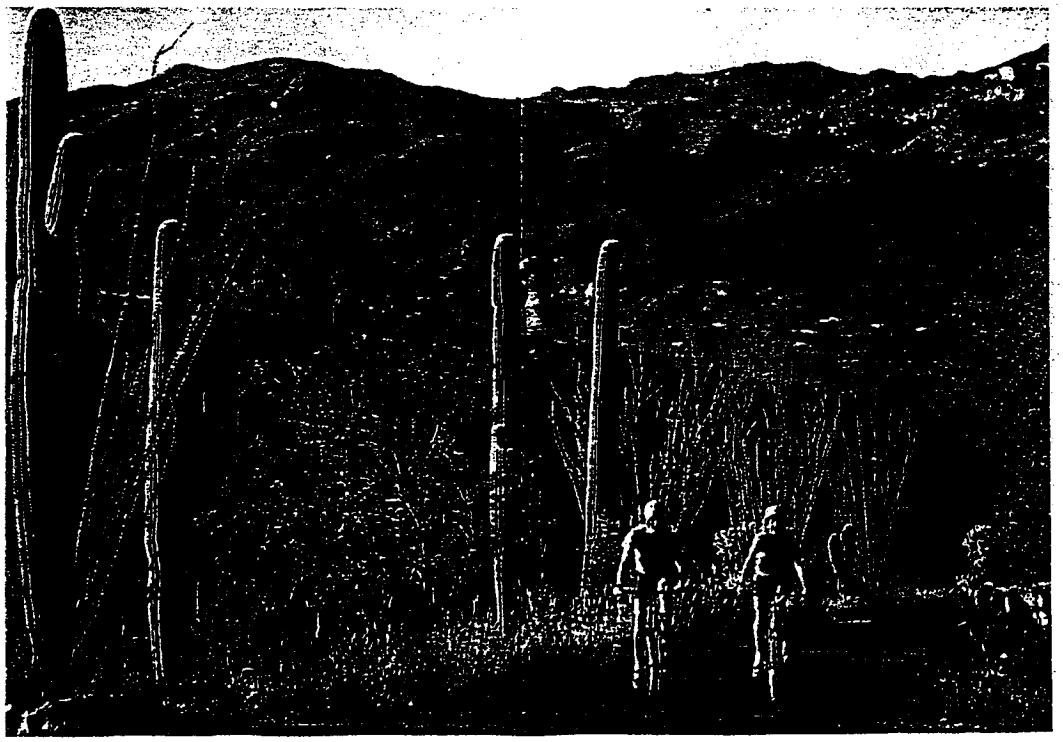
Although spas usually do "package" their treatments with accommodations, virtually no packages include air. In fact, one agency that specializes in spa travel books only the spa portion, requiring clients to obtain their own air tickets.

Still, this is a growing niche that agents can tap into, and they can capitalize on the full commissions that some spas pay on the entire package, including accommodations, meals, activities and treatments.

A Wide Variety

Spas vary tremendously — from the opulent to those that might rival a marine boot camp — but most require a two-, three- or four-night minimum stay. Some pay commission on everything; others exclude meals. And others pay commission only on accommodations.

There are two general types of spas: resort spas and destination spas. As the name implies, resort spas are part of a larger resort that also offers a variety of other activities, such as golf, tennis,



The resort spa, Canyon Ranch in Tucson, Ariz., offers a plethora of activities, such as biking.

entertainment, etc. Some examples include Marriott's Camelback Inn in Scottsdale, Ariz., and The Peaks in Telluride, Colo.

Destination spas are purely spas, not part of a larger complex. These are generally more structured. They attract more single guests and feature group meals, special diets, no-smoking and, often, no-drinking policies. These spas, in turn, can be broken down into three general types, according to Alan Coombs, president and owner of Green Valley Spa, a destination spa in southern Utah. There's the relatively luxurious spa that springs to most people's minds when they hear the word "spa," such as Canyon Ranch, with locations in Lennox, Mass., and Tucson, and Golden Door in Escondido, Calif. Then there are the New-Age/vegetarian spa and the more austere fitness spa.

Guests work out in The Peaks Resort & Spa fitness room.

These categories can be broken down even further by size. Most spas have just 20 to 50 beds, but some might take fewer than 10. And even Canyon Ranch, the largest, has just 175 beds in its Tucson location and 127 in Lennox.

These are small entities; each is totally different from the other. And each has its own business practices and ways of dealing with agents. There are just 2,000 destination spa beds in the world, according to Coombs.

Spa Peaks

- 90 percent of members of The International Spa & Fitness Association expect overall sales volume in 1998 to be greater than in 1997.
- Average length of stay at resort spas: two to four days.
- Average length of stay at destination spas: five to seven days.
- Most spa visitors are aged from 35 to 54.
- The number of men receiving treatments is increasing. Men accounted for 24 percent of total spa clients; 78 percent of spas reported that this number is greater than five years ago. Sixty-five percent of spas said that they offer treatments specifically designed for men.

Source: The International Spa & Fitness Association 1998 member survey. ISPA represents more than 750 health and wellness facilities and providers. Members include resort, destination and day spas.

Splintered as the spa product is, it is a packaged product. It's just that these packages are extremely individualized to an unusual degree.

One company that has brought some structure to the business of booking spas is Spa Finders, an 11-year-old wholesaler and retailer which represents about 200 spas worldwide and can provide one-stop shopping for both agents and consumers (212-924-6800). The company pays 11 percent commission on its packages, some of which include air; the air portion is fully commissionable at 11 percent. Delta is the company's preferred airline, although it does have bulk contracts with other airlines.

Spa Finders spells out everything for agents, according to Sharon Ohlrich, sales manager. It tracks the different deposit and cancellation policies of each spa and sends out a confirmation of each booking within 24 hours, which includes a written statement detailing those policies. Spa Finders creates destination spa packages that are as all-inclusive as possible. In most cases that means meals, classes, treatments, medical evaluations and, often, airport transfers. Not all of that is always commissionable, particularly the medical evaluations, but accompanying paperwork breaks it all down for agents. Sometimes commissions aren't available on all spa treatments.

"That's what the spa experience is," says Ohlrich of these treatments, from facials to massages to body scrubs using exotic minerals and oils. All of these treatments aren't necessarily commissionable, but Spa Finders makes it clear which are and which are not. To aid agents, the company mails them newsletters and alerts them to specials. It also has a Web site (www.spafinders.com).

Agents also can capitalize on a new product from Spa Finders: fully commissionable spa gift certificates. Consumers can buy these certificates and give a spa experience to someone else, enabling that person to pick the specific spa that appeals to them. Gift certificates are available in a variety of amounts, and agents receive commission on the sale.

A much smaller spa reservation service also offers free referral help to agents: Destination Spa Referral Line (888-772-4363). The service represents just a few dozen spas that joined forces to market themselves. Coombs was a major force behind the founding of the Destination Spa Group which operates the service. Representatives will answer agent questions about top destination spas in the United States and Mexico. The Destination Spa group also publishes the annual, complimentary *Spa Vacations* magazine, which contains information about the participating

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resorts. The publication can be ordered through the group's Web site (Destinationspas.com).

Straight To The Source

Beyond these sources, agents generally have to go straight to the individual spas themselves. Spas offer their own packages and many are all-inclusive for agents. For instance, a spa package might easily contain six treatments, on which the agent would earn a commission, in addition to commissions on accommodations. And many spas operate fairly aggressive agent outreach programs, both individually and in concert with other spas, such as the Destination Spa Group.

On its own, Green Valley works with agents to assist them in selling spas, dealing with a few that send it a substantial amount of business. Not surprisingly, as the biggest destination spa, Canyon Ranch also has a strong agent outreach policy. It sends out an agent newsletter three times per year and holds a total of six annual travel agent getaways — three in its Tucson location and three in Lennox. It will help with co-op marketing, providing ticket stuffers, postcards and other collateral.

When Canyon adds new features, such as the aquatic center that will open this spring at its Tucson location, it notifies agents in advance, so they know about such developments before their clients do. It also sends out general faxes notifying agents of special programs and offers.

"[We send agents] anything that we feel might be important for them to know or to help them better sell Canyon Ranch," said Roxanne Housley, vice president of sales for Canyon Ranch.

Many hotels that have full-service spas push some kind of spa package, with full commissions for agents. Even if a client is not traveling for the spa itself but is staying at a resort with a full spa, the agent can look into whether the property offers a fully commissionable spa package. For instance, a few properties in Hawaii that have spas offer special packages for clients. And often, the agent doesn't have to do all of the work of booking the treatments themselves.

In fact, many spas will do the work for agents, said Donna Sevilla, CTC and travel counselor at The Travel Connoisseur, Inc., San Diego, who finds that spa vacations are a niche with a strong referral and repeat visitor factor. Sevilla lets client and spa talk to each other before they visit to create a more satisfying vacation. Spa staff determine the clients' reasons for visiting, suggest classes and treatments and book these treatments in advance.

Sevilla finds that it's too difficult to go back and forth between client and spa on the scheduling details of treatments. While that kind of direct supplier-to-client contact has traditionally made agents uneasy, the client can more easily be serviced this way, she's found.

Kate Rice is a frequent contributor to AAM. She last wrote about the bed & breakfast market in the October 1998 issue.

Choosing The Right Spa

With so many high-quality spas out there, it's not finding a good spa that's the problem. It's matching the customer with the right spa. This is one reason most spas try to deal with the customers themselves at some point in the process.

The word spa evokes different images among different people. Some spas offer luxury pampering with little physical exercise, while others put a heavy emphasis on working out. It's important to find out which a client has in mind — is it body wraps and facials or dawn mountain hikes and vigorous biking?

"The first thing you have to find out is what they're looking for," said Donna Sevilla, CTC and travel counselor at The Travel Connoisseur, San Diego, Calif., and a one-time employee of the famed Rancho La Puerta, founded by Deborah Szekely and her husband, Edmond, also founders of the Golden Door.

In general, people who talk about facials usually have a resort spa in mind, she's found. And, indeed, resort spas are an excellent way for many people to sample the spa experience.

"Resort spas do a wonderful job of introducing people to our world, so we love them," said Alan Coombs, president and owner of Green Valley spa and a major force in the Destination Spa Group, a marketing association of 25 spas across the country.

The fact that they are somewhat more a part of the mainstream travel world also makes them a less difficult sell for travel agents. Since the spa is in the midst of a full-service resort, the timid know they can always escape to the golf course, tennis court or pool (although many destination spas often can focus on one or more of these activities). And, they know they can get cream in their coffee, too (the old fat-farm stereotype makes many people — especially men — incorrectly fear a week of eating nothing but grapefruit and granola). However, just because a resort is part of a major hotel chain does not make it an easier sell. Even resort spas tend to be a one-of-a-kind thing (although the Grand Bay Hotels and Resorts is introducing Golden Door Spas in its hotels and Canyon Ranch is operating a SpaClub in the Venetian in Las Vegas, a sign of a new spa branding trend).

Budget is another important factor to determine, given the prices, which can easily range from $1,300 to $2,400 to $4,000 or $5,000 a week.

But, beyond this, there are other things to listen for when clients speak about spas. Roxanne Housley, vice president of sales, Canyon Ranch, tells agents to listen for certain phrases that indicate a client needs the sort of rejuvenating vacation a spa can provide.

"If someone says, 'I'm really experiencing a lot of stress' or 'I'd love to go someplace where there's more activity,' or 'I'd like a kind of all-inclusive trip where you can stay put, have activities but not worry about adding to the cost of the vacation,' those would be good indicators that a destination spa might be a good match," she said.

She adds that spas are also good destinations for solo travels, couples or groups, such as friends or family. — *Kate Rice*

CR003128

The Arizona Daily Star
Tucson, Sunday, August 29, 1993

MORE THAN A FAT FARM

Canyon Ranch, nestled in the Catalina Foothills, now has 175 "casitas" and can serve 260 guests at one time

Canyon Ranch offers lesson in healthful living

By L.A. Mitchell
The Arizona Daily Star

For more than 20 years, Mel Zuckerman was a well-known real estate developer and builder in Tucson.

He and his wife, Enid, settled here after moving from New Jersey in 1958. By 1978, they had two healthy children and a thriving business.

But the years of building his company into a success had taken its toll on Zuckerman, a lifelong asthmatic who rarely exercised. He was more than 40 pounds overweight and had difficulty managing high blood pressure and ulcers.

It's a far cry from the Zuckerman of today, the lithe, tan 63-year-old CEO of what many consider to be the top resort spa in the country — Tucson-based Canyon Ranch.

The internationally renowned resort is consistently rated by magazines as one of the nation's top spas

CR003129

money. This business had been good to us, more so than we ever thought."

Mel Zuckerman
Canyon Ranch founder and CEO

— with a guest list rumored to include actors Michael Keaton, Julia Roberts and Kathleen Turner.

But in the late '70s, exercise and nutrition were one of the last things on Zuckerman's mind — until his father, a heavy smoker, died of lung cancer.

"I took the death of my father very hard," he says. "His death forced me to take a look at my life."

"I was unhealthy"

After a long look, Zuckerman, nearing 50, didn't like what he saw.

"The bottom line is that I was unhealthy, overweight and out of shape," he says, noting that he wasn't sure he wanted to stay in real estate the rest of his life and needed time to think about it.

Then he surprised his wife, an exercise and nutrition enthusiast.

"Enid," he said, "I'm going to a fat farm."

That "fat farm" was a spa in Southern California, The Oaks at Ojai. As a precaution, Zuckerman drove to the spa instead of flying so he could quickly escape if he needed to.

But the unlikely spa candidate didn't need to leave. He didn't starve and, in 10 days, had lost 13 pounds and had picked up a new sport: jogging — a mile and a half a day.

"I was feeling better than I've ever felt before in my life," he said. He called Enid with progress reports until three weeks into the program when he called her and asked her to fly out and meet him.

"I want you to experience this," he said one day when he called her. Then he added: "I think I found out what I want to do with the rest of my life."

All told, Zuckerman lost 29 pounds in four weeks. On the drive back to Tucson, he and Enid talked about starting their own spa in Tucson.

It actually was Enid Zuckerman's idea three years before. At that time, he laughed at the idea. This time, he was serious.

Ranch opened in fall of 1979

But no one wanted to finance a spa in 1979, even though Zuckerman had a solid borrowing background and a successful real estate business record.

He remembers talking to a bank officer about his plan for a healthy retreat in the desert, framed by the Santa Catalina Mountains. He remembers the man laughing at the thought of serving low-fat foods, no alcohol and putting guests on a exercise plan.

"The minute I said I wasn't going to serve booze, he said, 'Mel, you lost more than weight at that fat farm. You lost your mind, too.' "

Nineteen months later in the fall of 1979, the Zuckermans opened Canyon Ranch with 66 guest rooms. They had liquidated nearly all their assets and were more than a million dollars in debt.

The first week they had eight guests. The first year, the spa, which cost nearly $6 million to build, lost $1 million.

Zuckerman says few had faith that Canyon Ranch would survive.

During Canyon Ranch's grand opening, while walking around, he says he "overheard someone say, 'Hey, this is neat, but (Zuckerman) will never pull it off in Tucson.' "

That he heard a lot.

"And these were Tucsonans talking," he says.

"America's first"

But by the third year, the two saw a reprieve: Canyon Ranch broke even. And in the fourth year, they made a profit. By 1982, Canyon Ranch had risen in popularity. Time magazine was hailing it as "America's first total vacation fitness resort."

"The business has grown every year since then," he says. Annually, 12,000 people visit Canyon Ranch in Tucson and about the same number stay in Lenox, Mass., a smaller version of the Arizona spa that was opened in 1989.

Zuckerman won't divulge sales or profits for the privately held company. But those 12,000 guests spend on average anywhere from $1,000 to more than $4,000 for half-week or weeklong stays, which means annual sales could be reaching more than $40 million.

Canyon Ranch in Tucson employs 430 full-time and 300 part-time people; payroll here is more than $12 million. With the Massachusetts location, the privately held Canyon Ranch employs more than 1,200 full- and part-time workers.

Canyon Ranch staff, which include doctors, nurses, therapists, dietitians, fitness instructors and chefs, outnumber guests nearly three to one. This, in addition to a formula of delicious food, health plans, a variety of exercise options — and yes, pampering — proved to be a winning combination.

The resort appears regularly in many national magazines. Condé Nast Traveler has rated Canyon Ranch the top spa in the country in the last three years.

Says Condé Nast writer Carol Isaak Barden: "In my years on the spa circuit, I've gone for tune-ups at a score of American fitness camps. My favorite by far: Canyon Ranch in Tucson. Part summer camp, part health club, part spiritual retreat, it's where I go when I start to unravel."

Many guests, like Barden, are repeat customers, Zuckerman says. A 90 percent rate of return to either locale has boosted Canyon Ranch's occupancy rate to a lofty 80 percent to 90 percent. The Tucson Canyon Ranch, which now has 175 "casitas," can handle 260 guests.

"It's amazing growth, built on people wanting to come back," he says.

"This business has been good to us"

For Mel and Enid Zuckerman, who have a house on Canyon Ranch grounds, the spa's success continues to be a surprise.

"I didn't go into this to make a lot of money," he says. "But we have made a lot of money. This business

See RANCH, Page 2G

Photos by A.E. Arakas, The Arizona Daily Star

Mel Zuckerman, founder and CEO of Canyon Ranch, where more than 700 employees feed, groom, exercise and pamper 12,000 guests a year

Guests participate in a step aerobics class, one of many services available at the ranch

Array of activities await guests

What can you try during a weeklong stay at Canyon Ranch?

All guests start out with a physical exam. Then there's an endless array of possibilities.

First, there's the exercise: The spa offers biking, biking, racquetball, squash, tennis and swimming. There's also a full-size gym with all the major workout machines.

Not sure which one try? An appointment with a Canyon Ranch exercise physiologist can help.

Then there's the food.

Guests can stay on a variety of calorie plans and learn how to cook Canyon Ranch cuisine at home. There's an emphasis on traditional low-fat food selections, like chicken and vegetables, but there's also cake and fudge sauce — the non-fat variety.

There's a wide range of professional "luxury" services similar to those offered at most spas — massages, facials, masques and makeup applications.

Canyon Ranch also offers everything from handwriting analysis to astrology and acupuncture.

But co-founder Mel Zuckerman says the spa's extensive health programs are the foundation of Canyon Ranch.

The spa offers specialized health programs for men and women. Many emphasize preventive treatment, such as identifying what the guests' risk factors are — from high blood pressure to stress — and offering ways to help work on those problems.

Behavioral programs help relieve problems ranging from sleep disorders to smoking.

Some services are included in a stay at Canyon Ranch. Others are added to the bill.

CR003130

Smith's ranks 2nd in food-store poll

Smith's Food and Drug stores finished second in a customer satisfaction poll of readers of Consumer Reports, the national magazine reported recently.

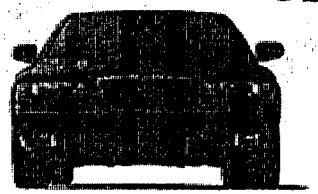
In the results of its 1992 Annual Questionnaire, readers ranked Smith's behind Publix, a Florida-based food store chain, with just under 80 percent positive response from readers.

Smith's, based in Salt Lake City, was credited by respondents with having quality produce, good variety, special departments, clear aisles and advertised specials in stock.

Though most of the 24 chains listed in the poll were not operating in Arizona, Smith's finished ahead of Safeway, which does compete in Arizona; Lucky's, a California chain that withdrew from the Arizona market several years ago; and Albertson's, the Idaho chain that has said it will enter the market here soon.

The survey was based on 10,000 reader responses, and each store was evaluated by at least 200 readers, the magazine reported.

YOU DIDN'T COME ALL THIS WAY TO OWN A CAR THAT CAN'T KEEP UP.



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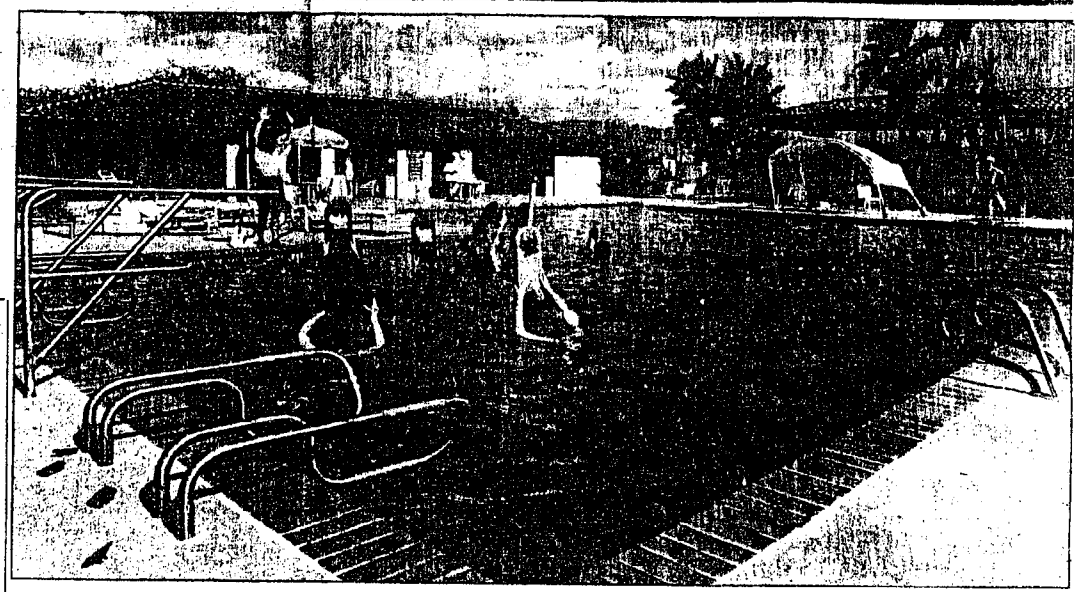


A.E. Araiza, The Arizona Daily Star

Guests exercise with paddle boards in one of Canyon Ranch's three pools; other activities include hiking, biking, racquetball and tennis

Ranch

Continued from Page 1G

had been good to us, more so than we ever thought."

Like its parent in Tucson, Canyon Ranch in Massachusetts also lost money in the first few years but now is a money-maker, although a smaller one, for the Zuckermans.

There are no solid plans for additional U.S. resorts, but there are other plans in the works.

The Zuckermans licensed a New Jersey-based company to produce Canyon Ranch Cuisine, a weekly set of refrigerated meals that can be sent nationwide. Canyon Ranch doesn't produce the meals but has rights to oversee and check the quality of the food that is sent out, and receives royalties from the sales.

Zuckerman has declined numerous proposals from companies who want to use the Canyon Ranch name on everything from gyms to workout wear. He says the prepackaged foods may be the only venture where another company is able to use the Canyon Ranch name.

"Guests were saying, 'We love the take it home.'"

Canyon Ranch also is looking at building a third spa somewhere in Europe. The company is still scouting locations and has looked at sites in France and Spain.

Zuckerman isn't planning on expanding on the 40 homes built around the spa on lots he sold in the mid-'70s, although he has several lots left. The homeowners pay monthly dues and are able to use Canyon Ranch facilities, but pay for meals and other extras.

The unsold lots are part of 100 acres around the spa Zuckerman owns.

"Scholarships" available

The Zuckermans, who spend most of their time in Tucson, have made efforts over the years to reach out to Tucson residents even though so little of their spa's business is generated here.

In 1984, Zuckerman founded the Wellness Council of Tucson (WELCOT), which encourages local businesses to keep their employees healthy.

He also finds ways to get those who can't afford a pricey stay at Canyon Ranch. This summer, he

Pima County residents. People between the age of 21 and 59 with health risks received all-expense paid stays at Canyon Ranch.

The ten-day "scholarships" as Zuckerman calls them, included the stay at the resort, meals, medical examinations and educational programs.

He also gives away some of these "scholarships" through WELCOT and through a senior citizens group.

"As we got more expensive, it bothered me that those who couldn't afford our price couldn't stay," he says.

In Tucson, home of few Canyon Ranch guests, he says his resort is viewed as elite. But the scholarships, he says, are one way to open it up to more people and battle that perception.

But he says an "elite" reputation was inevitable. The average Tucsonan can't afford a stay at Canyon Ranch. No part of the facility and its 70 acres is open to the public.

The spa may have a national reputation problem as well.

Zuckerman finds himself battling the perception of Canyon Ranch as

Many resorts nationwide are cashing in on the popularity of the "spa" experience and offering services like manicures, makeup applications and massage. Canyon Ranch offers all of those, but also employs a staff of health professionals — doctors, nurses, dietitians and physical therapists — who help people with health problems.

Zuckerman enlisted the help of his marketing and public relations staff to send the message that Canyon Ranch isn't only for pampering; its primary mission is to teach guests how to be healthier, live longer and take what they've learned home. Pampering is a part of that, but not the whole picture.

"We have that image that (Canyon Ranch) is where the rich people go to lose weight," he says. "We are one step beyond that. After coming here, people go home knowing how to make themselves feel better."

Zuckerman says his staff inspires guests to turn their lives around — as he did his — during their stay at his spa.

"They learn, in essence, to

CR003131

SHAPE MAGAZINE

WOODLAND HILLS, CA
MONTHLY 800,000

NOVEMBER 1994

My Favorite Workout

An ongoing series of musings from outgoing women: "My friend Patti and I are so busy with family and work that we rarely have time for each other. So once a year, we take a week and go cycling together at Canyon Ranch in Tucson, Arizona. The beauty of the desert is overwhelming. During our morning rides, we enjoy the tranquility that we need so much. We catch up on each other's lives during the easy parts of the ride and then engage in a little friendly competition up a massive hill. It's great." —*Harriet Glazer*

sports & exercise

Harriet Glazer and Patti Quicksilver, both 38, have been best friends since they were in the fifth grade at Spoede Elementary School in St. Louis.

VOGUE

RUTH BADER GINSBURG: JUSTICE FOR WOMEN

DIST: 12/21/94

beauty

DECEMBER 1994

For the best in old-world pampering, New Age techniques, tennis, golf, hiking, and more, **Wendy Schmid** looks at some top spas stateside

The Ashram You may lose ten to fifteen pounds in a week, but you'll work for it at this no-nonsense health resort. A grueling formula of hiking, yoga, calisthenics, and spartan vegetarian meals (mostly raw) typically begins at 6:00 A.M. and ends at 10:00 P.M. Most of the clothing needed—T-shirts and sweats—is provided; room sharing is expected; and a daily massage is all the pampering you'll get. Call it boot camp or Inward Bound, but 70 percent of the guests opt to return every year or two. Calabasas, CA (818) 222-6900.

Cal-a-Vie Tucked away in the hills above San Diego, this rolling retreat could easily pass for an Italian villa—and that's just the point. Movie moguls, CEOs, and other high-profilers find tranquillity and escape an essential part of the Cal-a-Vie experience. Other key components: stress-busting Boxercise classes; cellulite-reducing Lymphatic Drainage, European facials, and relaxing outdoor aromatherapy massage. Vista, CA (619) 945-2055.

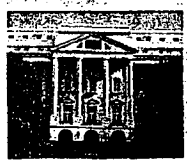
Canyon Ranch Life enhancement is the object at this lush desert spa, which inspires many visitors to make lasting changes. Hiking in the breathtaking Santa Catalina Mountains, taking "healthy" cooking classes, and practicing meditation only serve to reinforce the commitment to lose weight, give up smoking, or just live better. Good news for East Coasters: The same results can be achieved at the Ranch's other location, in the Berkshires. Tucson, AZ; Lenox, MA (800) 726-9900.

Cordillera Snug in the Vail Valley, this resort is a winter wonderland during snow season. Guests can cross-country ski to and from the 23-room château-style lodge and soothe slope-weary muscles with a rejuvenating full-body massage. A great place for a cozy honeymoon or anniversary celebration (luxury suites have their own fireplaces), the Cordillera is equally ideal for hiking, biking, and horseback riding during the warmer months. Edwards, CO (800) 877-3529.

The Doral *Luxury* is the watchword at this oasis-like five-star spa (Ivana's favorite), where rounds of golf, tennis lessons, and health-club workouts are alternated with holistic facials, hydrotherapy, shiatsu, and body gommage (a cleansing and exfoliating treatment). Not to be missed: the world-famous cuisine. Miami, FL (800) 331-7768.

Fisher Island Once a retreat for William K. Vanderbilt, this ultraexclusive island spa is now a well-kept secret for a select few. Five to ten guests a week enjoy the Mediterranean-style complex off Biscayne Bay, complete with world-class racquet facilities, a nine-hole golf course, and a mile-long beach of Bahama-imported white sand. For the ultimate indulgence, reserve the spa's private suite for a full day of one-on-one beauty treatments. Fisher Island, FL (800) 537-3708.

Golden Door As far as the pleasure quotient goes, this number-one-rated spa is the antithesis of the Ashram, but the results may in fact be the same: a calm mind, a fit body. Stress evaporates inside the soothing Japanese-designed sanctuary, where breakfast is served in bed, exercise programs are tailored to individual needs, and beauty treatments and healing meditation go hand in hand. Even the produce—organically grown on the premises—is untainted by the outside world. (Traditionally a women-only spa,



The Greenbrier So regal is the Greenbrier—founded in 1778 on 6,500 acres—that it looks more like the White House than a state-of-the-art spa. Suites with names like the Congressional or the Presidential support the feeling of old-world grandeur, but high-tech fitness fans will love the thoroughly modern facilities. Take the waters at the natural-mineral springs; ride; skeet shoot; or just relax on the Georgian porch. White Sulphur Springs, WV (800) 624-6070.

The Greenhouse Get ready for white-glove service at this private, for-women-only spa down south. Wellness and the mind-body connection are stressed through New Age techniques like t'ai chi, yogarobics, and Watsu (healing underwater massage); the healthy cuisine is as highly rated as top restaurant fare; and throughout your stay, you'll feel thoroughly catered to by your own personalized beauty-treatment team. Arlington, TX (817) 640-4000.

Green Valley Spa & Tennis Resort Tennis rules at this resort nestled amid Utah's red-rock canyons—but not to the exclusion of anything else. Between lessons at the Vic Braden Tennis College, crushed-pearl body rubs, and herbal wraps, there's plenty of time for inner reflection, thanks to the spa's various Native American services. Try Mind Mapping for self-discovery. St. George, UT (800) 237-1068.

La Costa Resort and Spa World-renowned for its two award-winning golf courses, this resort doesn't skimp on sybaritic pleasures. While mornings may be spent fine-tuning your swing, afternoons can be all about hydrating paraffin masks, algae body wraps, Thermal-Moor-Mud therapy, and reflexology. Carlsbad, CA (800) 854-5000.

The Peaks at Telluride With its scenic mountain views and clean air, Telluride is becoming the getaway of choice for celebrities. Some come just to experience the restorative spa at the Peaks. Rocky Mountain wildflowers, herbs, and botanicals are used in many of the treatments, including the Après Ski/Nature Lover's Facial; Native American rituals have been adapted to harmonize body and spirit; and couples activities—from dual massages to Cybex workouts—are encouraged. Telluride, CO (800) 789-2220.

Post Ranch Inn at Big Sur This rustic, environmentally conscious spa is the place to go for a room with a view. Stay in a "tree house" (built on stilts to protect redwood roots) overlooking the rugged Pacific coastline, and hike, do aerobics, learn to kayak, or go stargazing. Those who really want to get away can opt for treatments in their quarters or make a day of basking in the cliffside pool, merging with sea and sky. Big Sur, CA (408) 667-2200.

Two Bunch Palms Resort & Spa Rumored to have been Al Capone's West Coast fortress in the 1930s, this secluded hideaway now hosts the Hollywood set. Directors, producers, and actors (Jack Nicholson for one) enjoy the private bungalows, rock grotto pools, Clay Cabana Mudbaths (seen in *The Player*), and organic skin peels. For total well being, Polarity Therapy is said to get your energy currents back in sync.

CR001809

FIRE AND ICE: SUN & SKI GUIDE '95

Los Angeles

October 1995

DST 10/6/95

Climb Every Mountain

Tucson's Canyon Ranch can turn even the most pampered city slicker into a hiking fanatic *by Rosie Shuster*

My wake-up call tomorrow is for 5:45 a.m. so I can be ready for the advanced beginners' hike. It leaves at 6:15. The temerity of this commitment begins to dawn on me. Why on earth didn't I have the presence of mind to *get in shape* before coming to get in shape? (This is not specious logic, mind you. It's the same principle as cleaning up before the maid comes.) On the other hand, what's the worst that can happen? The hike will be a "challenge" (code for *hard*). Aren't I here to bust out of my comfort zone, to demonstrate true grit and epic persistence? No guts, no glory. Besides, to loosely paraphrase C.S. Lewis: "Pain is the chisel God uses to carve our character." Damn it, I'm psyched. I *want* the hike to hurt.

A month ago, I called Mark Black, assistant director of hiking at Canyon Ranch. Mark supervises the largest day-hiking program in the United States, with a staff of 40 part-time wilderness trail guides. "What kind of hiking boots do you have?" he wanted to know. "Merrell? Vasque? Asolo? Raichle?"

The brand names sailed over my head, not ringing any bells, so I hunted up my boots, unworn and still in their box. (Big deal. This is car-happy, walkphobic L.A. I have friends who actually drive across the street.) I found the label. "Havana Joes."

This got a big laugh. I was exposed as a hiking poseur and soon confessed to having princessy, blister-prone feet. I'd been on glorious hikes where the grandeur totally passed

CR001826

me by because I couldn't pull my attention away from my chafing shoes and bleeding blisters. Mark reassured me that Canyon Ranch is in the vanguard of blister consciousness. Vaseline, Second Skin, moleskin, foam tape—you name it, they've got it. Then he told me to go buy some *real* hiking boots and warned me to "Break them in before you get here."

At 2,400 feet above sea level and surrounded by four mountain ranges, Tucson is the world's sunniest city. I had hitched a ride at the airport in the ranch's courtesy van and was now watching the charismatic saguaro cactus, indigenous icon of the Sonoran Desert, fly by.

As we pulled through low stucco gates, I beheld the ranch, a series of adobe structures sprawling over 70 acres landscaped with desert vegetation. This was no froufrou fat farm like the one I visited annually as part of my divorce settlement. No way. Aggressively fit guests loitered in the lobby on overstuffed couches between bouts of demolishing calories and fat grams in step classes or in the equipment-packed gym. Yet the place had a laid-back vacation vibe, with lots of eye contact, smiles and hellos from friendly strangers as they padded along the pathways and quaint bridges that crisscross the grounds.

I would spend my days here weaving in and out of the blistering sun and the cool, serene southwestern interiors of the clubhouse and spa, baffled by the ranch's richness and diversity. I passed a mysterious building called the Life Enhancement Center, which confirmed my suspicion that a whole lot of growing, empowering and transforming occurs here. In fact, I learned that the essence of Canyon Ranch is a soothing, stylized, conspiracy designed to inspire you to change your lifestyle, to finally take that meeting with yourself so you can seize the reins of your health and well-being.

In the spa, where 40 daily activities were posted, I was processed through the medical, nutritional and fitness departments. "How much aerobic activity do you do in a week?"

"Not a whole lot," I replied. "Three Pilates sessions and sometimes I walk Buster."

Nonetheless, I offered up my goal: to test my mettle against the mountain and metabolize into a lean, mean, buff and serene fat-burning machine. I was given a plastic water bottle to carry around and instructed, "Drink before you get thirsty."

Hike One. It's 6:15 a.m. I'm munching groggily on banana bread in the spa lounge and sizing up my group. Uh-oh. There's the perky young actress I watched power through two funk-aerobics classes in a row. And her hard-bodied little sis. And . . . thank God, a pale, middle-aged barrister with a high-slung potbelly. If a mountain lion decides to cut the weak from this herd, maybe it will overlook me.

We grab our packs filled with food and water, and pile into the van. I've borrowed a sturdy walking stick, since I don't trust my tenderfoot ankles. Steadily climbing out of the Sonoran Desert and into the Santa Catalina Mountains, we marvel at how fast we fly from desert and saguaro cacti to scrub oak and boulders to mountain peaks dense with aspen and ponderosa pine. Hikemaster Mark likens it to driving from Mexico to Canada in an hour.

Fifty minutes later, we're at the trailhead. My fears of hiking in the desert blast furnace (we're having a heat wave) have melted away. I drink in

Canyon Ranch's hiking program is the most extensive in the country, ranging from beginners' strolls to mind-bending "Help me, Mother" climbs that test even the toughest outdoor jocks.

PHOTOGRAPHS ANN BUUMA

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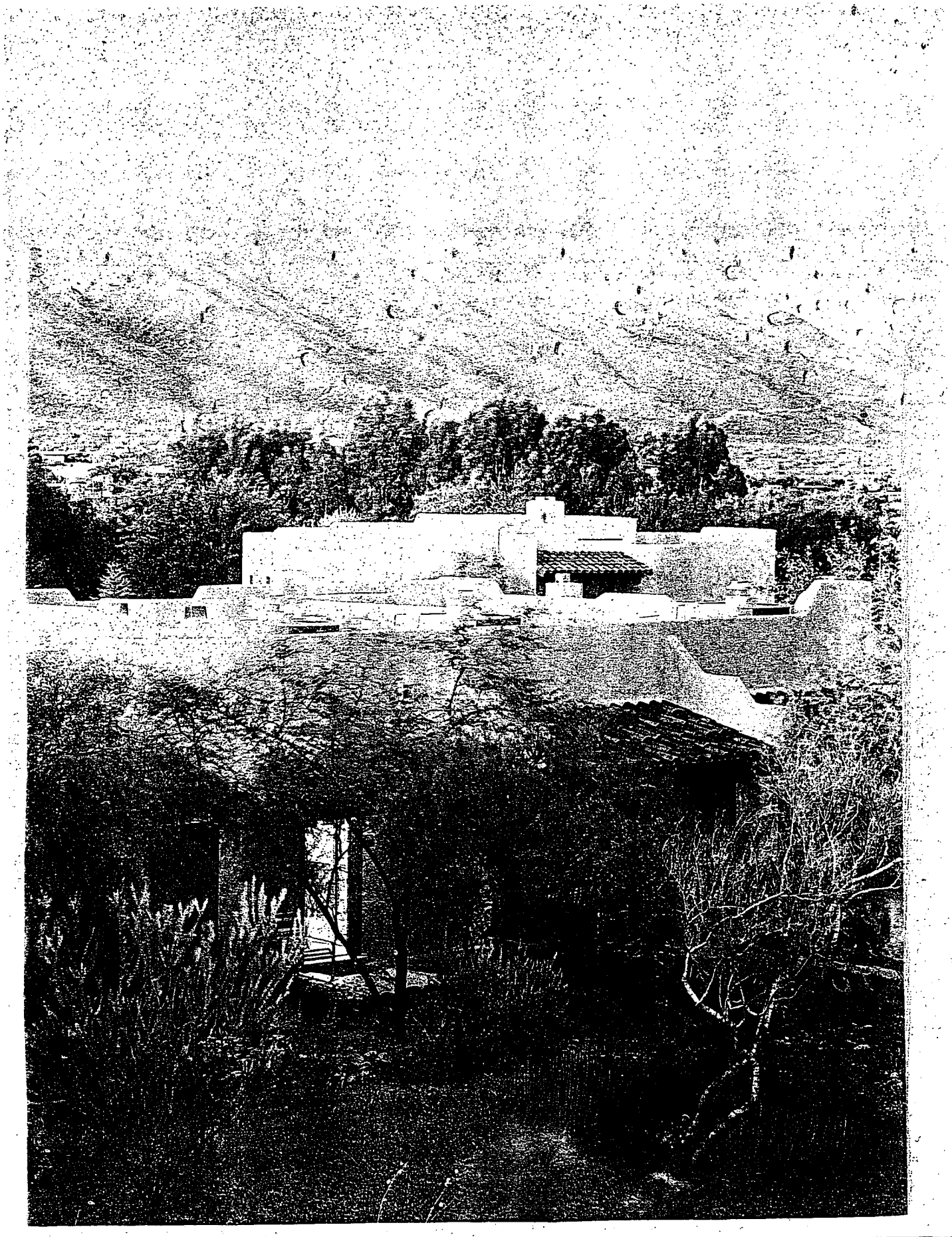

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the cool greens, grays and browns so familiar from my native Canada and pay a visit to the nasty, old outhouse posted with bear warnings. Then we get the spiel: "Find a consistent pace you're able to sustain. Heel-toe. Roll your foot forward. Watch your step. It can get slick out there with moss-laden rocks. Look ahead. The head guide will flag turns along the trail with neon orange markers." With that, we flip on our packs and head out in single file after our fearless leader, Margaret, a white-haired, retired schoolteacher and heroic role model for aging with grace.

Now I'm stoked. At a more than respectable clip, I ramble along the gently rolling terrain of our alpine trail as it cuts through the forest. Zigzagging along the switchbacks, I'm working up a sweat. But I keep a steady pace and stay near the front of the pack. We pass a rotted-out stump encrusted with pulsating ladybugs. Ah, Wilderness!

At our breakfast site, selected for its ridgetop view, I dig into my Tupperwear tub o' delights, silently horrified at the enormous caloric content lurking therein. Fruit, nuts, yogurt, more banana bread. Is that a cookie? I can't eat this—I'll gain five pounds. I watch in wonder as the Lean Sisters, both revealed to be New York actresses, chow down.

On the way back, something comes over me, and I throw "sustainable pace" to the wind, passing nearly everyone. I know it's not a competition, but I am driven. The New York actresses and I finish win, place, show.

At lunch, over an exquisite bowl of cantaloupe-and-honeydew soup, I tell Mark I'd like to be bumped up the next day to the intermediate hike. I'd underestimated what my body could do. Mark points out that it's better not to overchallenge yourself and end up discouraged. Fine, I think, but I can't push my envelope on some candy-ass stroll.

I head for the salad bar and stockpile jicama. There are no Fat Police patrolling this dining room. The point is to make healthy choices. The menus indicate calories and fat grams, with suggested meal plans at 1,200 and 1,800 calories. And even though it's all low-fat, low-salt, fructose-sweetened spa food, I'm amazed at the quantities some of the fittest pack away.

After lunch, I head for the giant gleaming gym, where I fiendishly attack the aerobics equipment. I need to condition my heart and legs for the intermediate hikes. I put in a brutal session on the StairMaster Stepmill, topped off by a long sequence of ever-steeper treadmill hills. I'm a climbing animal! Somebody stop me!

I catch myself chanting "lean, mean, buff and serene . . . " I want to believe affirmations work, that "if you dream it, you can be it." But what would happen if I affirmed "I'm a 5-foot-10, 115-pound blonde named Helga"? Perhaps my quadriceps and hamstrings would actually elongate a bit to accommodate the mental software. As my legs pump and my heart chugs, I reminisce about my old weight-loss regime. This involved starving myself on celery and zucchini, eating too many herbal tabs of Zoom (South American speed) and jumping like a hysterical meatball until all the excess poundage fell off. Now I'm learning that such extreme deprivation makes our body act like a bear heading into hibernation. It hangs onto every precious fat cell, as if for dear life. Better to take it off slowly, I guess. Damn!

I wind down the day with yoga, meditation and some intensive lounging in the sauna, inhalation rooms and two hot tubs. Then it's time for my massage. "Pound

Toughen up those thighs in step class, then stretch your weary muscles in the ranch's magnificent pool. At day's end, saunas and hot tubs are just the ticket.

CR001831

me like a Kobe steak," I direct Carolyn, the Swedish masseuse, as I belly-flop onto her table. I'm punchy and talking trash. Carolyn has her work cut out for her.

Hike Two. The inclines are steeper and longer, the camaraderie more spirited. The pear crisp in my lunch box is divine. I'm pushing, feeling every muscle in my thighs and calves. A fellow hiker who turns out to be a New York reporter teases me, saying I look like Moses on crack, tearing up the mountain with my staff. But I know I'm kicking some serious butt.

Hike Three. Today's hike is described as a moderate-to-steep downhill to a spectacular overlook. Except for our guide, Warren, today's group is all female and ultrafit. Our other hiking guide, Holly, urges us to tighten our hiking boots, "unless you want a new set of toenails in six months." I bond with a beautiful New York ballerina and her lawyer sister, a bona fide O.J. pundit. I wheedle out of her the crucial knowledge that Mark Fuhrman's Idaho property is somehow linked to separatist and Ruby Ridge shoot-out survivor Randy Weaver. Why am I not surprised?

After breakfast we start back—a steady uphill with some very steep sections. In 5.5 miles we ascend more than 1,050 feet. I plod along gamely, my mind urging me on, but my body drags its ass like dead meat. I'm in hell. I hallucinate turkey vultures darkening the branches of fir trees, eyeballing me as a tasty alternative to road kill.

By the time we reach the van, I'm hammered thin as a veal scaloppine. But back at the ranch, a weird thing happens: I may be collapsed on my bed after lunch, but I'm obsessed with doing the advanced hike the very next day. Have I read too much Hemingway? Do I have testosterone poisoning? What's the deal?

Whatever my motivation, I decide to rev up my gym workout so my body can weather an intensely steep 40-minute climb straight up for more than a mile. (The elevation range will go from 6,900 to 8,300 feet.) I'm pushing the envelope now, all right. I just hope I don't spontaneously combust.

A Native American sentinel stands guard as hikers make their way up one of Tucson's sandy grades.

Later, in the yoga dome, I find myself catastrophizing in the lotus position. What if I keep the rest of the hikers waiting? I can see their disgusted faces, their eyeballs rolling: "Like, why are you on this hike? Are you totally clueless as to your capacity?" I'm awash with anxiety. What if my personal best isn't good enough? And if I can't handle this, how will I ever pull off trekking in Tibet?

That night, my masseuse reassures me attitude is 90 percent of it. Fine. I decide to wear my lucky green shorts and to sing the lyrics to Spinal Tap's "Big-Bottom" to spur me up the mountain: "The bigger the waistband, the deeper the quicksand." I choose my mantra: "Whatever doesn't kill me, makes me stronger."

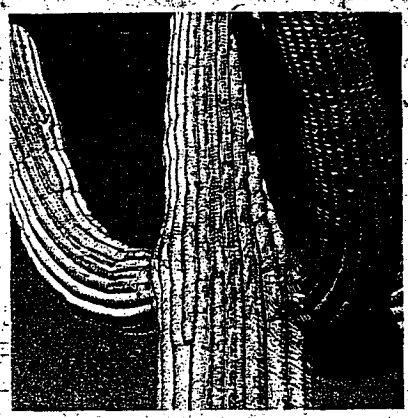
Snuggled under the covers in my air-conditioned casita, I'm tormented by my demons, who've dropped by for the fun of it. I'm hoping the thunder and lightning outside my win-

CR001832

dows will necessitate canceling tomorrow's hike. At 4 a.m. I turn on my light to reread the brochure. The recommended fitness level for tomorrow's march: "Your workouts at home should include 40 to 50 minutes of aerobic exercise three to five times a week." Yeah, right. Why not just take me out to the barn and shoot me now?

Hike Four. I drag myself to the spa lounge. With mounting horror I behold the shiny morning faces of my advanced-hiking mates, all raring to go. There are three strapping male hiking guides—John, Jack and Randy—and lots of strapping male hikers, all game to be guided. Then there's an annoyingly perky young woman—the Energizer Bunny (EB).

When we arrive at the trailhead, the EB and two Type A guys shoot up the trail like a rocket. Humbly, I start after them. Trudge, trudge, trudge, trudge. And then something miraculous happens. I shake off my turgid interior monologue. No more "I think I can, I think I can." No more "Glory is the carrot, shame is the stick." No more song lyrics or psychobabble. I'm experiencing a walking meditation, a waking dream. My inner kid quits bugging me with "Are we there yet?" Everything blurs, and I'm lost in the gentle mists created by endorphins coursing through my veins. Oh yes, nature's morphine, a Rocky Mountain high.



To the steady drumbeat of my heart, I dog it up the steep 1.1-mile incline with epic persistence, never pausing to rest. There's just the rhythm of my Vasque Clarion boots on the forest floor, my unblistered feet happy in their two pairs of socks, their customized foot beds, their ample-sized toe box. But I'm not captive inside my boots. I'm everywhere and nowhere, inhaling the sweet scent of pine needles, feasting on a panorama that just won't quit.

I've accepted that there will be pain. I've just decided not to notice. Quitting is not an option. My mind and my body are in sync with creation, with the great What-It-Is, with the Oneness. There is such peace in surrendering to a mountain. It doesn't care what you think. It's just there. It's cool. Sooner or later, you get the point: It is pointless to resist.

The next morning, I pack at high speed and race to have breakfast with Phyllis Hochman, the Ur-mother of the hiking program. Years ago Phyllis was diagnosed with spinal arthritis and given 50-50 odds of being wheelchair-bound for the rest of her life. She moved to Tucson because, she said, the mountains called to her. Tentatively, she began hiking. At first, a mile-and-a-half jaunt left her near death for days. But she persisted, and in 1979, when she heard that Mel and Enid Zuckerman were building Canyon Ranch, she worked overtime to figure out how to be a part of it. Thus was born the ranch's hiking program.

I have to restrain myself from getting on my knees in front of Phyllis. Instead, I tell her how profoundly grateful I am for what she and the ranch have created. I also tell her I'll be back.

I know now that I have issues only hiking can resolve. ■

Natural beauty abounds in the Sonoran Desert, where the limbs of the saguaro cactus point to mountain ranges in every direction.

CR001833

Rosie Shuster, who recounts her Canyon Ranch hiking saga ("Sun & Ski Guide," page 4), says she had no idea a spa could be so, well, strenuous. Her rule of thumb is really a rule of toe: "What your mind decides, your body can do." Hike through the pain, in other words. One of the original *Saturday Night Live* writers, Shuster moved to Los Angeles in 1992 and has written both feature films (*Gilda Live!*) and episodic comedy (*The Larry Sanders Show*). In the wake of her desert ordeal, she has just one thing to say to the management of Canyon Ranch: "Take me back!"

Shuster

PALM BEACH ILLUSTRATED

THE BEST OF BOCA RATON TO VERO BEACH

MAY/JUNE 1996

Far & Away

By Judy DiEdwardo

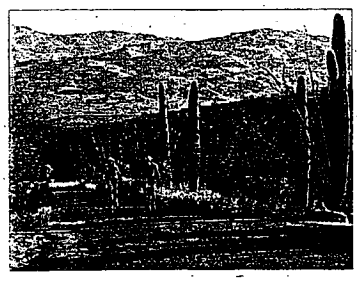
Summer Shape Up: Six Sizzling Spa Options

Canyon Ranch

TUCSON, AZ

Founded in 1979 by Mel and Enid Zuckerman, **Canyon Ranch** is a year-round vacation resort located on 70 lush desert acres in the foothills of the Santa Catalina Mountains.

That being said, scenery isn't the reason why readers of *Conde Nast Traveler* named Canyon Ranch "Best Spa" for three years in a row: fifty different fitness classes; a 62,000 square-foot spa; hiking and biking programs; lap pools and gymnasiums; tennis and racquetball courts; and a plethora of physicians and psychologists working on curing everything from obesity to impotence are just a sampling of Canyon's full-service approach to fitness and well being. As one guest noted after spending a week indulging in the facilities: "My mind thought it was on vacation while my body was working out." 800-729-8090



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MUSCLE MEDIA
JANUARY/FEBRUARY 2001

REWARD YOURSELF

It started innocently enough. One day during a story meeting, we started talking about the concept of rewarding yourself after completing the Body-*for*-LIFE Program. Where could healthy people go to continue their active lifestyles and treat themselves after a year of hard work?

After a long search, we're proud to present the *Muscle Media* Spa Review, designed to bring you the best destinations for rejuvenating your mind and spirit while maintaining your best Body-*for*-LIFE. We hope you enjoy your trip!

CR002024

Exhibit U

Exhibit U

GOOD NEWS ABOUT HEALTH, WEALTH AND HAPPINESS

Vitality®

APRIL 1995 • HEALTHY GETAWAYS ISSUE

Barbara Floria

YOUR VACATION

A Year's Worth of Healthy Getaways

FALL SPA EXERCISING

Canyon Ranch in the Berkshires offers dozens of exercise classes plus hiking and biking, tennis, racquetball and canoeing. Guests may choose private consultations or attend workshops that focus on health issues such as making lifestyle changes, cooking healthful meals, managing stress and preventing disease.

Massages and body and skin-care treatments, such as reflexology, herbal wraps and essential-oil facials, also are available. Healthful, low-fat meals are included in every package.

The ranch is located 150 miles from New York City. Five-night packages start at $1,280 per person, double occupancy. Call 1-800-726-9900.

YOUR FITNESS

▶ **Just plane healthy.** *To make your next flight more comfortable:* Don't sit longer than an hour; get up and walk to the restroom. Use small pillows to support your lower back and neck. Keep hydrated by drinking plenty of water.
Canyon Ranch, Tucson, AZ.

SELF

New Age Resource Guide

WEST AND SOUTHWEST

SPAS, RETREATS AND WORKSHOPS

Canyon Ranch In addition to yoga, tai chi and qi gong, Canyon Ranch's program includes weeklong spiritual retreats in June and September. 8600 East Rockcliff Rd., Tucson, AZ 85715; 800-726-9900.

Centerpoint In Aspen Located in the Rockies, this women-only center offers creativity exercise sessions as well as activities to restore mental and spiritual balance. 278 Oak Ridge Dr., Aspen, CO 81611; 303-920-2393.

Friends in Yoga This wellness center offers workshops and private health consultations, emphasizing yoga and Native American traditions. 8007 W. Colfax Ave., CS-27, Box 3, Lakeside, CO 80215; 303-331-2637.

Green Valley Spa and Tennis Resort The Green Valley spa focuses on authentic Native American rituals and spirituality. 1515 West Canyon View Dr., St. George, UT 84770; 800-237-1068.

The Hermitage Natural Health and Wellness Center Aromatherapy, hypnotherapy and other bodywork treatments. 4322 W. 32 Ave., Denver, CO 80212; 303-433-6415.

Shoshoni Yoga Retreat Tucked in the Colorado Rockies, guests stay in log cabins and enjoy yoga and meditation courses, aromatherapy facials, herbal body scrubs, foot and full-body massages. Box 410, Rollinsville, CO 80474; 303-642-0116

Upaya A Buddhist study center featuring wilderness fasts, mountain walking retreats and mindfulness meditation. 1404 Cerro Gordo Rd., Santa Fe, NM 87501; 505-986-8518.

YOGA FACILITIES

Colorado School of Yoga Weekly classes, plus weekend workshops in Iyengar yoga. 2162 S. Colorado Blvd., Denver, CO 80222; 303-758-4814.

Wellspring Center for Yoga Instruction and workshops in the Iyengar method. 5550 San Mateo Blvd. NE, Albuquerque, NM 87109; 505-881-2187.

White Iris Yoga Daily hatha yoga classes for individuals and groups. 2214-D W. Alameda, Santa Fe, NM 87501; 505-986-8212.

REGIONAL PUBLICATIONS

Santa Fe Sun An alternative newspaper covering New Age and environmental issues. Box 23168, Santa Fe, NM 87502; 505-989-8381.

Nexus Colorado's holistic journal and natural lifestyle directory. 1680 6 St., Suite 6, Boulder, CO 80302; 303-442-6662.

LIVING IN STAMFORD
FEBRUARY/MARCH 2001 $3.95

Jaunts

Spas: Perfect for Pampering

Spa destinations *perfect for breaking out of the blahs and restoring inner balance*

By Margie Goldsmith

THE "BERMUDA TRIANGLE" (Thanksgiving, Christmas and New Year's) is over, but for many, the endless shopping, parties and overabundance of rich food have created the post-holiday season blues. For those feeling stressed out and off balance, one solution is to visit a spa. Even for people who only can get away for a few hours, a relaxing massage, facial or other soothing treatment at a local day spa will help to reduce the winter blahs. But for those who can afford to indulge in a weekend or more, a spa vacation will help to eliminate post-holiday stress and restore balance to tired minds, bodies and spirits.

Fortunately, there are a number of spas within a short two-hour driving distance of Stamford, including a large country inn near Mystic Seaport; a small luxury inn close to Woodstock, New York; and a full-service destination spa resort in the Massachusetts Berkshires. I recently ventured to all three, hoping to turn my winter doldrums into an early spring.

CANYON RANCH IN THE BERKSHIRES

Nestled in the midst of 120 woodland acres in Lenox, Massachusetts, is Canyon Ranch in the Berkshires, a top destination spa offering the largest assortment of spa activities, programs and services in the country. I discovered that Canyon Ranch is much more than a place to relax and be pampered; it's an educational health resort that offers take-home tools that make it possible to continue the Canyon Ranch lifestyle long after going home.

Prior to arrival, Canyon Ranch sent me an 84-page booklet describing all its services with sections on such topics as nutrition, preventive medicine, women's health issues, spiritual awareness and behavior modification. There were so many activities that I was exhausted just thinking about them. But when I arrived, I was immediately greeted by a nurse and a program coordinator who helped me to work out an individualized program based on my goals (one of which was to lose the few pounds I gained from eating the desserts at the last spa).

Some guests choose relaxation; others pick weight-loss, toning, smoking cessation or developing an exercise program, among other goals. Guests also can book one-on-one sessions with medical doctors, psychologists, nutritionists, physical therapists and personal trainers. For those who want nothing but pampering, there are more than 20 types of massages and scores more relaxing treatments available each day until 10 p.m. For the more active visitor, there are 50 fitness classes to choose from daily in addition to morning walks, mountain hikes, private sports lessons, consultations and workshops. With a 3-to-1 staff to guest ratio, Canyon Ranch is a safe place to try something new. However, it's not the best choice for guests who want to do nothing at all.

Designed with New England winters in mind, guests never have to go outside. Heated hallways connect the spa facility and hotel to a restored mansion that houses the dining room and wellness center. One day before lunch, I sat in the library in front of a roaring fire and settled into an overstuffed armchair sipping tea, dressed in a fluffy white bathrobe.

I took advantage of all the treatments, but also saw a Canyon Ranch internist for a physical, a bone-density scan and blood tests, something I'd been meaning to do for ages but had never gotten around to. The tests were all done in one room and took a total of 10 minutes. A week later, I had a 30-minute follow-up telephone call with the doctor to discuss the results.

I found Canyon Ranch to be so much more than a spa — for me, it was a prescription for healthy living, and I went home feeling better than I have in a long time.

Canyon Ranch offers a three-night package, including lodging, food, gratuities, all exercise classes, lectures, one private health and healing service and two Spa & Sports services beginning at $1,300 (arrive Sunday, Monday or Tuesday) or $1,590 (arrive Wednesday through Saturday).

Canyon Ranch is located at 165 Kemble Street, Lenox, MA 01240. For more information, call (800) 742-9000 or contact www.canyonranch.com. ◘

Margie Goldsmith, a former Greenwich resident, writes about travel and fitness.

Canyon Ranch in the Berkshires specializes in helping its guests attain balance through exercise and soothing spa treatments. A full slate of athletic activities and one-on-one sessions with personal trainers encourages guests to adopt life-changing routines.

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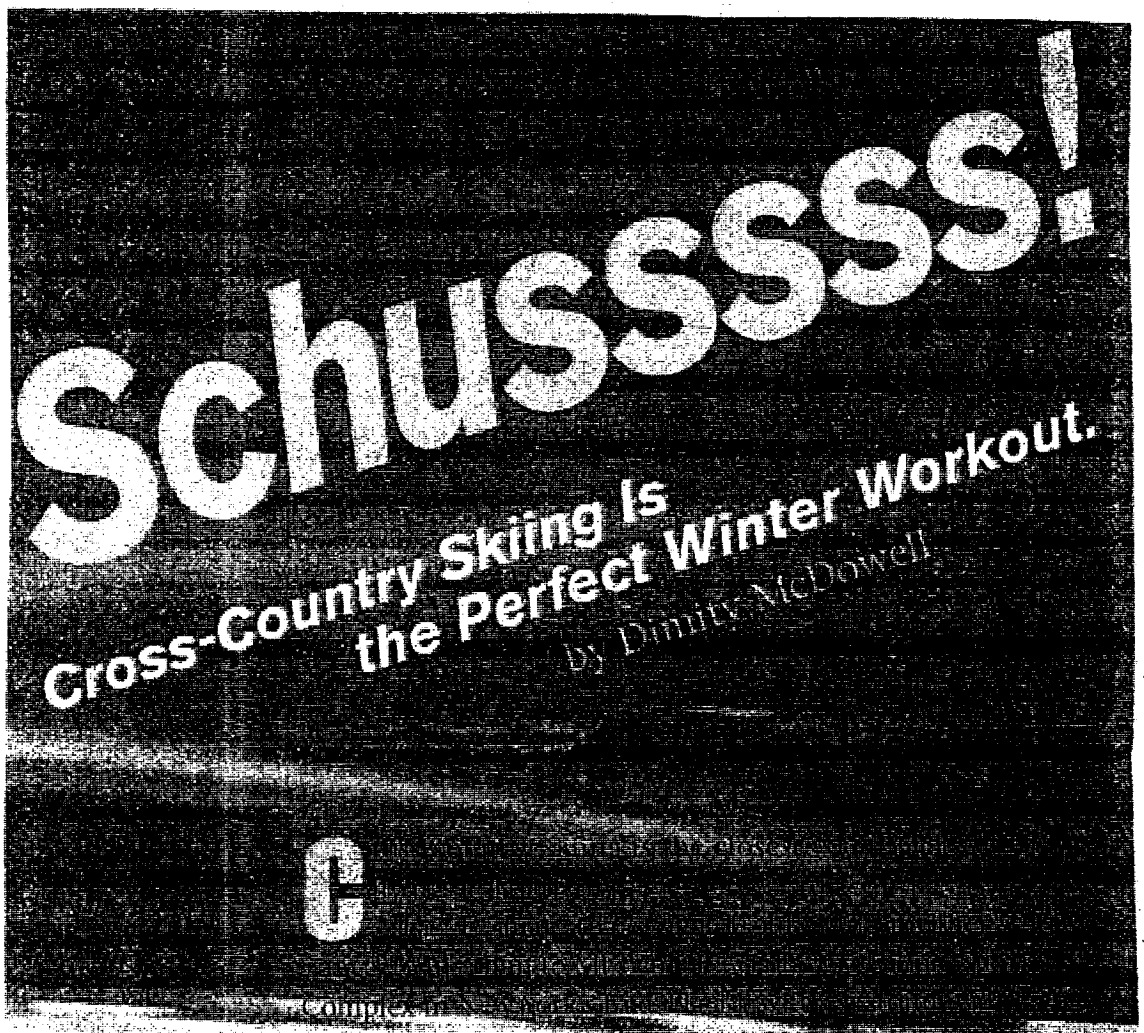
SPA
CARPINTERIA, CA
6-TIMES/YEAR
JANUARY 2001



just dumped 14 inches of fresh powder.

A California native, Grant likes his weather warm and his sports familiar, so lugging him cross-country skiing was definitely a risky move on my part.

The sport falls into the appearances-are-deceiving category: From afar, a cross-country skier's motions seem effortless as she glides across an open white field. Close up, you realize that the sport requires coordination and balance — and is far from effortless. Well, Grant is my husband now, so the outing couldn't have been *that* bad.

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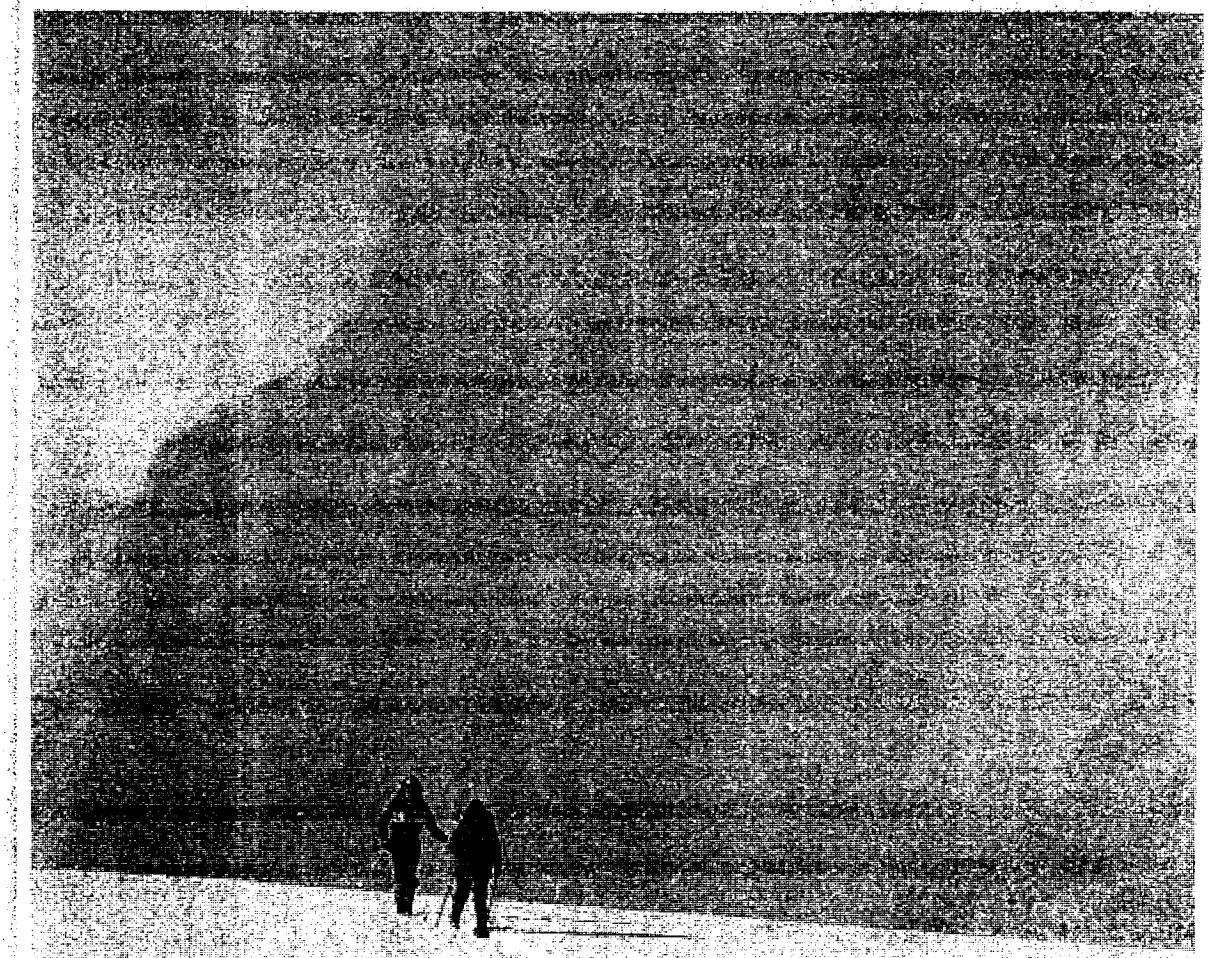


Ted Wood/Stone

Get a great aerobic workout in a

A MINNESOTA NATIVE, I REGULARLY PUT cross-country skis at the top of my Christmas list throughout my youth, usually because I had outgrown my old pair. I fancied myself a modern day Laura Ingalls Wilder schussing across the prairie. More than anything, I loved the solitude: It was just me and some small critters out in the powder-filled meadows and woods (and, when my navigational skills went awry, sometimes into the streets).

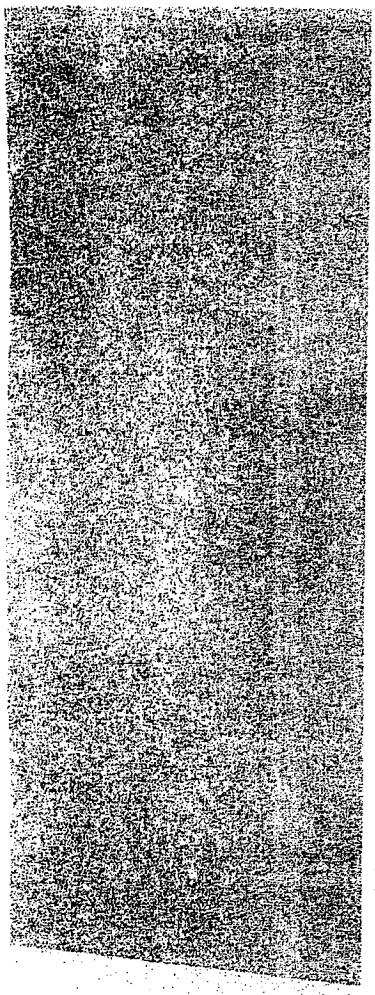
Minutes after setting out, I would be lulled into a trance by the gliding rhythm of lifting my heels and having my skis ride out beneath me over the crusty snow — their sounds the only noises I heard for hours.

I was hoping to replicate that experience with Grant on a clear day, one with the kind of air that makes you feel like you're cleaning out your lungs every time you inhale. Only a few clouds littered the sky, and the sun was doing its very best to shed warmth on the blindingly white landscape.

But we didn't really need any help from Mother Nature; we were generating plenty of our own heat. Within 20 minutes we'd removed our gloves and tied our jackets around our waists – and we'd barely gone the length of a football field. Grant was still trying to master the basics.

He started off slowly: walking more than skiing, hesitant to give himself over to the one-footed glide that lets you travel much farther on skis than you can on foot. Wobbling on his pencil-thin skis, not sure of his balance or confident of what to do with his poles, he'd crash to one side, then the other, and occasionally to the ground.

Not surprisingly, he remembers the experience differently: "I was surprised at how easy it was to get the rhythm of the basic form down," he recalls. "In ten minutes, I felt really comfortable."



Cross-country skiing lets you set your own pace, from a vigorous stroll (left) to a heart-pumping jaunt (below).

winter wonderland.

IN AN AGE IN WHICH SKI RESORTS ARE packed with Walkman-wearing snowboarders bombing down the mountain and gyms are at capacity with treadmillers running nowhere, the appeal of cross-country skiing is easy to understand: It provides a great workout and an escape.

Everything about it is simple: The requisite gear (boots, skis, and poles) is relatively inexpensive, or, if you're a beginner, easily rentable at most outdoor shops and Nordic centers.

The action of traditional cross-country skiing is similar to walking, albeit with a greatly exaggerated stride (skate skiing, a newer form of cross-country skiing, involves pushing off from a "V" position, so the motion looks more like skating).

While mastering the fluid motion — extending your left arm with your right leg, and vice versa — takes coordination, patience, and balance, the process is like riding a bike: Once you've got it, you've got it for good.

As the ultimate winter activity, cross-country skiing may be as close to perfection as you can get.

Because your upper and lower body are engaged simultaneously, your heart works hard to supply blood to your entire body.

"Cross-country skiing works your legs, arms, shoulders, chest, entire back, and abs," says Neporent.

Activities that compare with cross-country skiing in aerobic intensity and muscle involvement include rowing, jumping rope, or taking a step class that emphasizes arm movements.

As in most activities, you can control the level at which you sweat (and you *will* sweat), but even a leisurely ski stroll yields significant caloric expenditure.

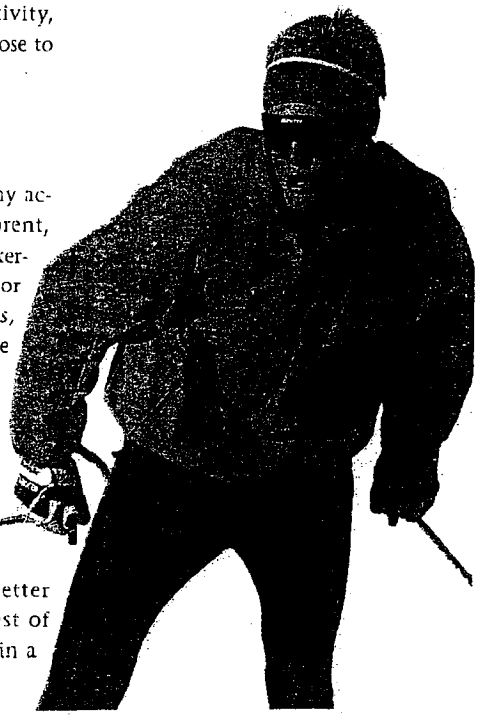
If a 130-pound woman goes cross-country skiing at a slow pace, she'll burn about 415 calories an hour, which is comparable to an hour-long jog. Increasing to a moderate pace, she'll burn around 470 calories (similar to playing a basketball game), and if she's *really* cruising, she'll work off 530 calories an hour, comparable to running at an 11-minute-mile pace.

Hindsight might have blurred his memory, but soon enough, with a little gentle instruction from yours truly, he did develop a rhythm and covered ground quickly. Not long after, he took his attention away from his body and started noticing the beauty of a forest in winter: its silence, the deer and fox tracks in the fresh powder.

"For the first time, I didn't feel like I was battling Old Man Winter, like I would if I were running errands, or downhill skiing, where you freeze on the chairlift," he says. "Cross-country skiing made me appreciate nature's spectacular show."

"While I don't like to call any activity 'the best,'" says Liz Neporent, who holds a master's degree in exercise physiology and is the author of *Weight Training for Dummies*, "cross-country skiing is one of the most effective forms of exercise."

Name a benefit that can apply to any exercise, and chances are, cross-country skiing provides it: increased aerobic capacity; stronger, toned muscles; better balance and coordination. Best of all, the feats are accomplished in a winter wonderland.



Courtesy of the Lodge & Spa at Cordillera

Canyon Ranch guests (below) start the day with a ski trip in the Berkshires. Left: picture-perfect Lodge & Spa at Cordillera in Colorado.

Running, however, pounds your knees with every foot strike and stresses your joints; cross-country skiing is a low-impact activity, which means you're not beating up your body with every stride.

The combination of cross-country skiing's spiritual perspective and physical benefits makes it a perfect activity for spas, and many offer it as a staple in winter. Here are four that make it a priority in their programming.

THE EQUINOX
MANCHESTER VILLAGE, VERMONT

MORE THAN 15 YEARS AGO, BEFORE Susan Wheeler became the spa director at the Equinox, she was an advanced alpine skier who was tired of standing in long lines for a chairlift. So she decided to give the Nordic version of skiing a whirl.

"I just loved it," she remembers. "Not only was it a wonderful workout, I liked the pace. I could slow down, look around, and just observe nature."

Today cross-country skiing is an integral part of the winter activities at the spa. Wheeler estimates that at least half of the clientele hits the trails, located right out the door on the Gleneagles golf course.

"Most of our guests come from around New York City, Boston, and Pennsylvania, where the gym is their main source of exercise," says Wheeler. "They love the clean air up here."

Located on more than 900 acres, the Equinox sits between the Green and Taconic Mountain Ranges. The landscape and program cater to all levels of skiers: Beginners have a view of the mountains from the flat, mile-long track that circles a pond; intermediate skiers can head out on almost 20 miles of well-marked, groomed trails that cross meadows, weave through forests, and offer a few short, challenging hills; advanced skiers can hire a guide and head out into the backcountry.

Full-day trail pass, $10; half-day pass, $8; full-day rentals, $12.50; private lesson, $25 for one person, $40 for two; backcountry guided ski tours, $80 per person.

Courtesy of Canyon Ranch in the Berkshires

CANYON RANCH IN THE BERKSHIRES
LENOX, MASSACHUSETTS

ON MOST WINTER MORNINGS AT CANYON Ranch in the Berkshires, you can see an intrepid group of cross-country skiers traversing the trails on the spa's property.

Some may be in the flat, open field, while others may be on a trail that goes through the woods, follows a meandering stream, and crosses bridges.

Later risers will probably partake in one of the other three daily one-hour lessons.

"It's one of our most popular sports in the winter," says Mike Duffy, a senior guide. "People are blown away by the exhilaration. They love to be active outdoors in the winter and still stay warm."

The Equinox: (800) 362-4747; www. equinoxresort.com
Canyon Ranch in the Berkshires: (800) 326-7080
The Hills Health Ranch: (250) 791-5225; www.spabc.com
The Lodge & Spa at Cordillera: (800) 877-3529; www.cordillera-vail.com

Once guests master the property's trail network, they can venture on to nearby parks, which offer varied terrain, longer trails, and a peek at the Berkshires' wildlife.

"Moose take up residence at the Notch View Reservation," says Duffy. "We have also seen porcupines and deer. You'll always see animal tracks of some kind."

Group lessons, tours, and equipment are complimentary for guests. Private one-hour lesson, $75.

HILLS HEALTH RANCH
108 MILE RANCH, B.C., CANADA

IN 1983, WHEN PAT CORBETT BEGAN planning Canada's first health resort, he wanted to make sure it was in a perfect cross-country ski destination He found it in British Columbia.

"Our mission is to provide a kick-start to an improved lifestyle, and nothing does that better in winter than cross-country skiing," Corbett says.

Skiers can choose from more than 125 miles of groomed trails, which range from what Corbett describes as "phenomenal highways" to intimate paths through forests.

Most guests take advantage of the daily one-and-one-half hour guided ski tour (complete with snack), which doubles as an orientation to the trail system. A series of lakes are on the property, and many people ski to a different lake each day. Small wooden huts with stoves inside and picnic tables outside dot the trails.

Trail pass included with lodging; full-day rental, $14 on the first day, $9 extra day; private lesson, $43 per couple, $34 for one person.

THE LODGE & SPA AT CORDILLERA
EDWARDS, COLORADO

THE LODGE AND SPA AT CORDILLERA (which means chain of mountains in Spanish) is located near Vail and Beaver Creek ski resorts.

Cross-country skiers can expect not only challenging inclines, but flat areas, as well.

"We ski around the rolling hills of the golf course," says spa director Ashley Lewis.

The trails are suitable for all abilities, but the resort's elevation of 8,200 feet may quickly wind even the most experienced skier.

"Most people stay out for two to three hours," says Lewis, "but that may mean covering just one mile, or going strong for the entire time. It really depends on the level and desire of the person."

Slowing down means taking time to check out the abundant wildlife in the Vail Valley. In addition to hawks and eagles, elk and deer regularly roam the fields.

"We are in such a remote part of the valley, everything is out in abundance," Lewis says.

Everything?

"Well, you don't see any bears, but occasionally you'll see a mountain lion," she says.

Rentals: $15 a day. Guided group tour, $45; moonlight tour, $49.

Dimity McDowell, a writer based in Brooklyn, New York, specializes in sports and fitness.

Guide to the Gear

Keith Sutter Photography

For temperature control, layering is key. No matter how cold it is outside, you'll work up a sweat and will probably want to shed some clothing — and pile it back on as your outing winds down. Here are some suggestions for a cross-country checklist:

- Lightweight, breathable long underwear
- Wool sweater or fleece jacket
- Water-resistant pants
- Wind- and water-resistant jacket
- Wool socks
- Light gloves
- Hat
- Sunglasses
- Sunscreen
- Lip balm
- Water
- Energy bar or dried fruit

Before You Hit the Trails

The best way to prepare your body for the demands of cross-country skiing is to jump on a NordicTrack at the gym.

If you're able to master the motion, spend 20 to 40 minutes, three to four times a week, "virtually" skiing.

Other good cardio options include a bike or an elliptical trainer with an upper-body attachment.

"Those will give you a chance to learn the coordination of the movement." Again, 20 to 40 minutes, three to four times a week, is a good goal.

If you don't have access to those machines (or can't stand them), Liz Neporent recommends attending a step class with lots of arm movement or walking for endurance (at least an hour), and complementing your walk with a weight routine that emphasizes your upper body.

CR003140

The New York Times
In Transit
Expert Travel Advice

AUGUST 15, 2013, 10:00 AM

Hunting and Gathering at Canyon Ranch

By ELAINE GLUSAC

Taking a page from the Boy Scouts – or a cue from reality TV – the destination spa Canyon Ranch in Tucson, Ariz., dips a manicured toe into the world of wilderness survival in a four-day survival skills class.

The course, offered Oct. 8 to 11, teaches how to build a fire without tools, how to make a stone knife and how to track animals, culminating in a final-day test of skills.

The instructor, Randy Kinkade, outdoor sports manager at Canyon Ranch, has taught wilderness skills independently since 1990 and offers a weekly class in fire-building at the spa. Most students share a goal. "They want to be more self-sufficient," he said.

While most of the wilderness skills studied apply to hunting and gathering, and students practice throwing a "rabbit stick" or hunting club, the training stops short of a real hunt. "No bunnies are hurt in the production of this class," Mr. Kinkade said.

The course costs $4,360 per person including instruction, double-occupancy accommodations, meals and a $650 credit for more-pampering treatments at the spa.

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Canyon Ranch-our casita

Last week, I visited Canyon Ranch in Tucson for my third time in about 20 years, accompanied by my rather stressed-out friend, Joan, who was a newbie there. One afternoon, as I was "mindfully" eating my delish lunch (that included healthier-versions of fish tacos heaped with salsa and shredded cabbage, a cup of aromatically-spiced dal soup, minty zucchini feta pancakes and a frozen chocolate-dipped banana for dessert, which to my way of thinking was all guilt-free all since I had just returned from a pretty steep 5.5 mile mountain hike) while sprawled on a poolside lounge chair, I picked up a magazine that someone had left. As I was thumbing through it, I came across an interesting article about what constitutes "a classic". The piece touched upon the classic beauty of Grace Kelly, the extraordinary performance of a Mercedes Benz, a Rolex watch, and *perennial* favorites such as Star Wars and Alice in Wonderland.

The author pointed out that to be labeled a classic was somewhat subjective although certain criteria usually held true. The definition of the word classic means, *something that is a perfect example of a particular style, something of lasting worth or with a timeless quality. People usually have enjoyed this thing over time and will continue to enjoy it many years later.*

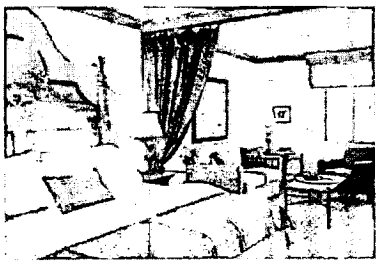
Or to put it more succinctly, Canyon Ranch Tucson.

Perhaps the best-known spa in America, this flagship branch of Canyon Ranch set the standard for destination spas when it opened in 1979, and almost 35 years later, this world-class health resort still provides more "aha" moments than any spa I've visited.

After consistently being ranked at the top of the spa pack for decades, it would be understandable if the Ranch was content to rest on its well-toned derriere, continuing with business as usual, but that's not the CR philosophy. I'm actually not sure what their philosophy is but compared to my last visit, many years ago, I'd vote for "Better than ever...But wait, there's more!"

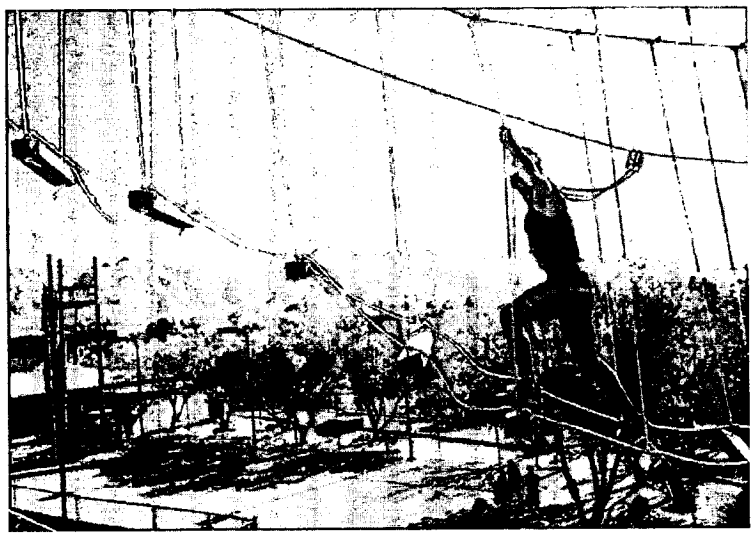
Lovely sculptures scattered about the grounds

The gorgeous grounds are still impeccably maintained and filled with interesting sculptures. The generously sized, 179 rooms are comfy-cozy and pleasingly decorated in restful desert tones. Our room had two separate mirrored vanities making it exceedingly girlfriend friendly, as well as plentiful towels, plush robes, and slippers.



Inside casita

They were always known for their gracious hospitality, with a 3:1 *staff-to-guest ratio*, but the service was even better than I remembered. You really get the feeling that the whole staff, from the gardeners to the wait staff to the instructors, genuinely love what they are doing and really care about ensuring that all your needs are met. After the housekeeper changed my bedding to hypoallergenic, she then sweetly offered me a pillow menu filled with everything from a Sobakawa cloud pillow to a snore-no-more one (next time I'm ordering that for Joan) to a 5 ft. body pillow, perfect if you're just getting over a breakup.



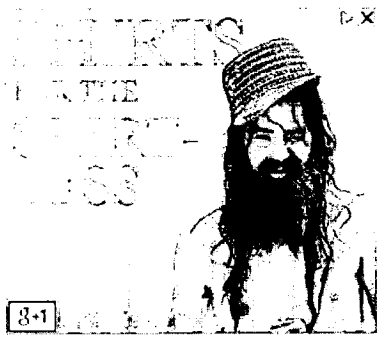
Challenging rope course

Other niceties scattered around the 50-acre ranch include a 62,000-square-foot spa complex, one squash and three racquetball courts, a lounge stocked at all times with complimentary juice, water, herbal tea, coffee, and fresh fruit, art gallery, exercise and weight training room; a yoga/meditation dome, sauna & steam rooms; whirlpools; massage, herbal and hydro-massage rooms, a life enhancement center, a health and healing center complete with staff physicians, dietitians, psychologists and therapists; eight lighted tennis courts; four heated saline pools (some with an underwater treadmill) a climbing wall, ropes course and even a zip line.

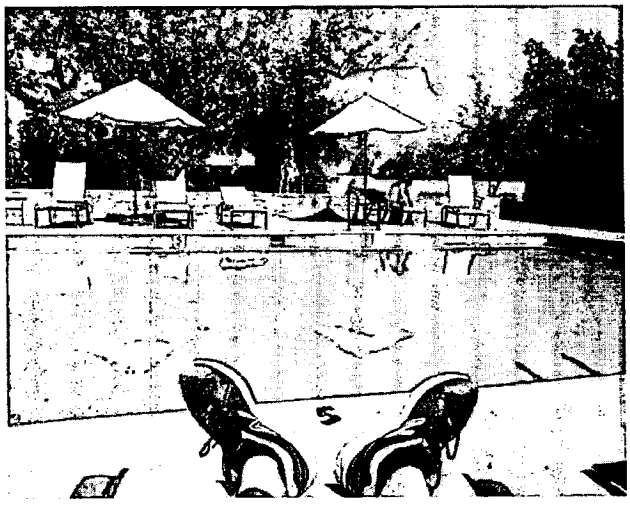
The first night at dinner, when I couldn't decide between the garlicky mussels with gluten-free bread perfect for dunking into the flavorful broth, salmon and wok-fried veggies or the linguini with chicken in peanut sauce, the waiter told me that they would be happy to provide half portions of any dish, thus creating a "*When Harry Met Sally*" monster out of me for the rest of my stay. He suggested that I go halfers on the mussels for my app, followed by the salmon. Since all I had really wanted from the pasta dish was the peanut sauce, he happily brought me a small cup on the side to sample.

This lox was just my breakfast starter ;-)

The food in the dining room was much better than I recalled, although in all honesty with my memory, it might always have been this good. There were sophisticated renderings of exotic culinary treats from round-the-world, as well as exciting twists on traditional faves, such as Crème Brulee Oatmeal with Pecans for brekkie. I loved the daily salad bar, pasta and omelet stations, particularly after I discovered the wonders of adding some crispy tofu bacon to my veggie egg-white omelet.



And let's not forget dessert. Temptresses such as blueberry lemon tarts or white-chocolate chip, cranberry-oatmeal cookies as well as a changing roster of homemade low-fat ice cream, would satisfy the sweetest of tooths.



Waiting for my lunch to be delivered

Joan and I usually ate breakfast and dinner in the more formal dining room, but since nothing says "vaca" like lunch at the pool, we'd have our food delivered there from the casual Double U Café, which recently unveiled a new menu of Mediterranean-inspired small plates using local, organic ingredients, which somehow translates to them turning out some killer pizzas!

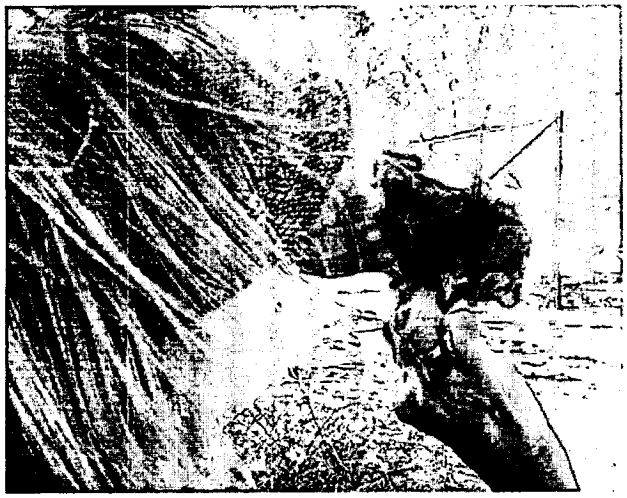
Joan at the labyrinth

As for the classes, I'm not exaggerating when I say there must be at least 100 classes a week offering everything a mind & body could ask for. I wanted to get into fighting shape so I'd set the alarm for an early morning hike, followed by some strengthening classes such as Buff Booty, Ballast Ball Blast and TRX & Flex. Joan has a more spiritual bent, so she followed the Yoga, Qi Gong and mediation route. Instead of the mountain hikes, she was contented to walk the labyrinth. She was totally jazzed when she found out that they are building a new Spiritual center, which should be completed in about a year, and is already bugging me on about booking our return visit.

Working on my fire making kit

What really rocked my boat were the Tom Hanks *Cast Away*-ish survival classes, which were developed by the ranch's Outdoor Sports Manager, Randy Kinkade, who likes nothing better than sharing his passion for survival skills, and getting back to nature. I had heard rave reviews for his native awareness and animal-tracking walks, as well as his How to Make a Knife From Stone class, but I really wanted to try the Primitive Fire-Making. I twisted Joan's arm (I had to be care not to do it too hard with my newfound strength from two days of working out in the gym) into joining me, for the two-hour class. Jeff, our fabulously

patient instructor, taught us the "bow and drill" method. After a detailed demo, Joan and I had to make our own fire kits. We started out just fine- painstakingly carving perfect points on our sticks and digging out centered holes in the fireboard (ok, so maybe ours were a wee bit off-center) then unraveling and fluffing up jute to create something a like a cat's hairball, which was our tinder.



Joan's blowing life into her fire

We were finally ready to begin the fire making part, which consisted of twisting the drill stick in the string of the bow against the hole in the fire board, which needs to be resting on the tinder, applying pressure to all while you whisk the bow back and forth, making sure to keep it parallel to the ground, as fast as you can (this provides the necessary friction). This task takes at least three hands and is similar to patting your head and rubbing your stomach after drinking a six-pack of beer. Joan and I kept offering to run back to the kitchen for some matches, but Jeff promised us that we would achieve success. Finally, after an exhausting but truly exhilarating two hours, we both made fire! Jeff told us to honor our achievement by doing a little hoot & holler dance around the quickly smoldering hairball, but I chose to celebrate my success in another tried & true way, by booking a heavenly deep tissue massage!

Watch Randy Kinkade, Outdoor Sports Manager at Canyon Ranch in Tucson, make fire the extremely old-fashioned way. It's hot!

As exciting as that was, my best "aha" moment was at the Chair Yoga class. I'm fully aware that I need to work on my flexibility, which is now akin to that of a 100-year-old man, but I have embarrassedly attended, and subsequently flunked out of, more Yoga classes than I can count. My best Downward Dogs barely resemble Pitiful Puppies, however, when I saw the listing for Chair Yoga, I decided to give it one last try. THIS ALONE WAS WORTH THE PRICE OF ADMISSION! With the aid of a chair and the superb yoga instructor (appreciative shout-out to *Kay Quatraro) I was able to feel the benefits of a yoga stretch for the first time, and it felt great! I swear I left class an inch taller. Kay even gave me a detailed handout to follow at home.*

P.S. I just got off my lazy behind and looked at the Canyon Ranch website for their mission statement which is: "Canyon Ranch aims to inspire people to make a commitment to healthy living, turning hopes and intentions into the highest enjoyment of life" which also works.

You'll have to excuse me now. After all this typing I have to go and do my chair Warrior Flow.

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Janice Nieder

Janice Nieder could be the love child of Indiana Joncs and Julia Child. Previously a specialty food consultant in NYC, Janice is currently a SF-based culinary tourism writer who has wined & dined her way through 80 countries. To keep things in balance, Janice also enjoys writing about her Girlfriend Getaways which include spa visits, soft-core adventure, cultural events, shopping, boutique hotels, and chef interviews.

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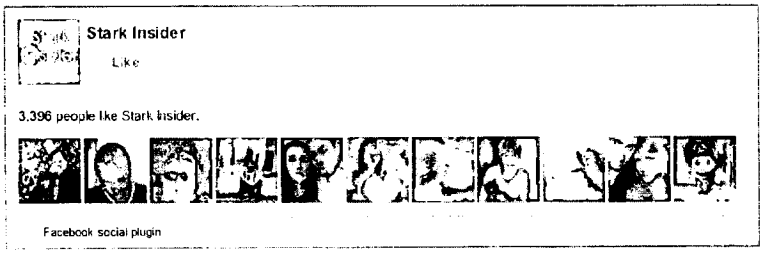

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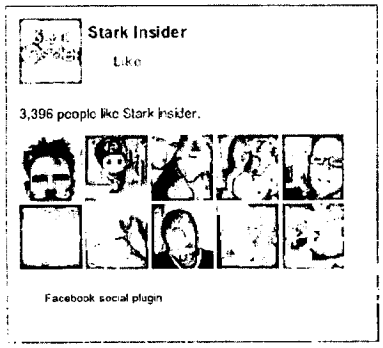

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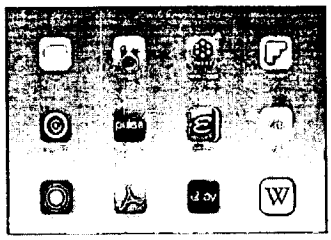

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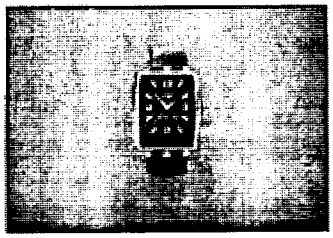

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Odd Brodsky an indie film with oodles of heart (Review)

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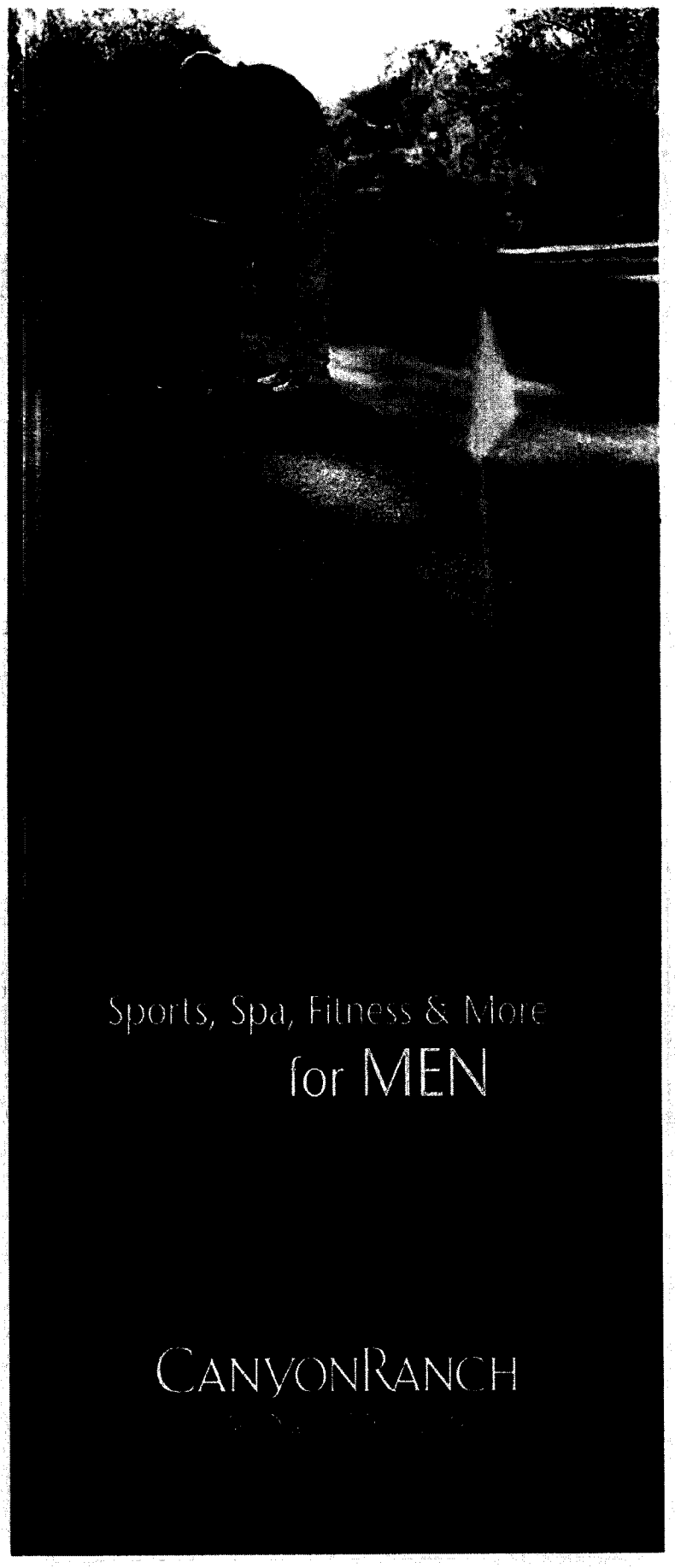
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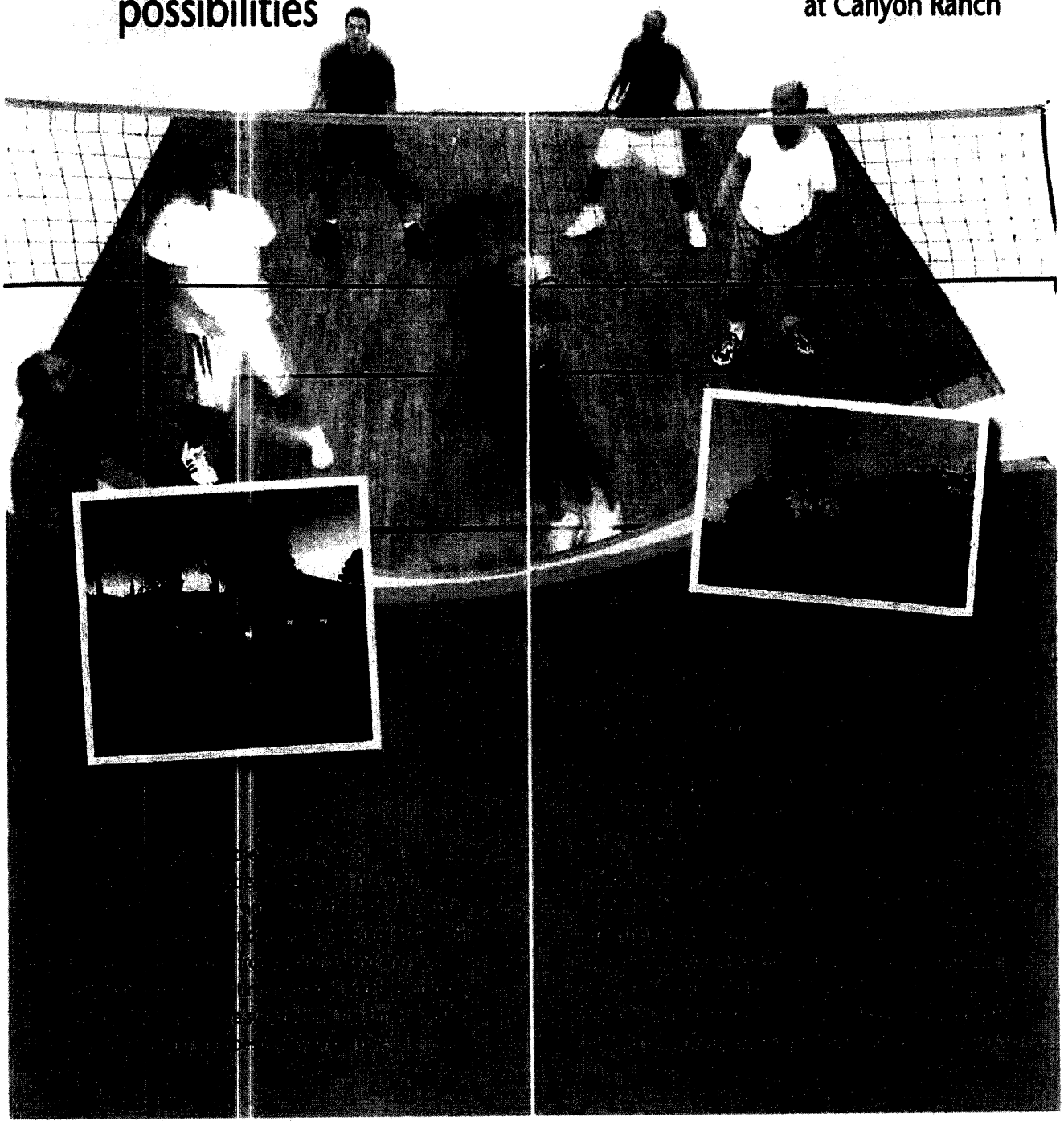
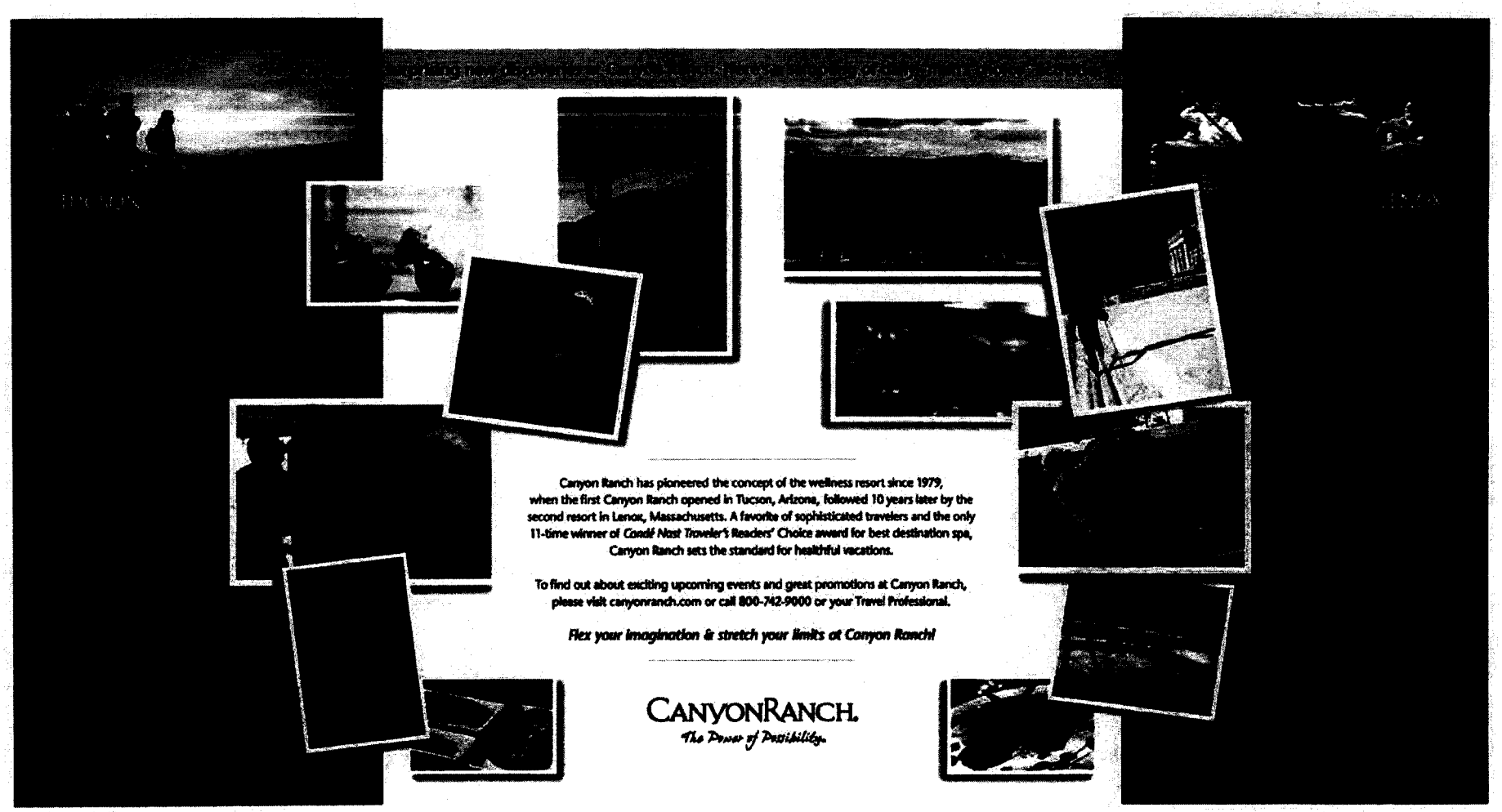
ENDLESS possibilities

... for sports, fitness & relaxation at Canyon Ranch




Canyon Ranch has pioneered the concept of the wellness resort since 1979, when the first Canyon Ranch opened in Tucson, Arizona, followed 10 years later by the second resort in Lenox, Massachusetts. A favorite of sophisticated travelers and the only 11-time winner of Condé Nast Traveler's Readers' Choice award for best destination spa, Canyon Ranch sets the standard for healthful vacations.
To find out about exciting upcoming events and great promotions at Canyon Ranch, please visit canyonranch.com or call 800-742-9000 or your Travel Professional.
Flex your imagination & stretch your limits at Canyon Ranch!
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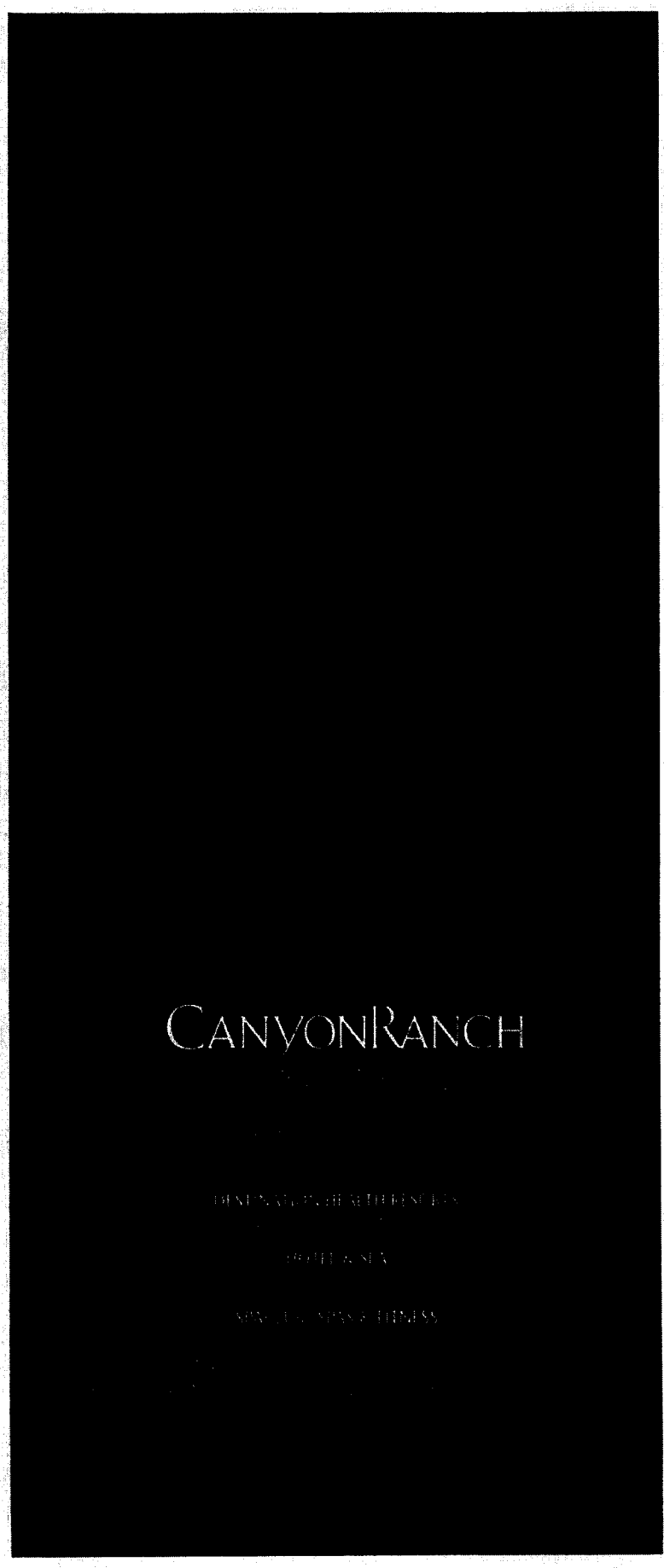

CANYONRANCH

OUTDOOR SPORTS

HIKING, BIKING & HIGH ROPES ADVENTURES

CANYONRANCH

What better way to experience the beauty of Southern Arizona than to explore the wilderness trails surrounding Tucson? Canyon Ranch offers guided hikes for groups and individuals of varying abilities through areas of remarkable natural diversity.

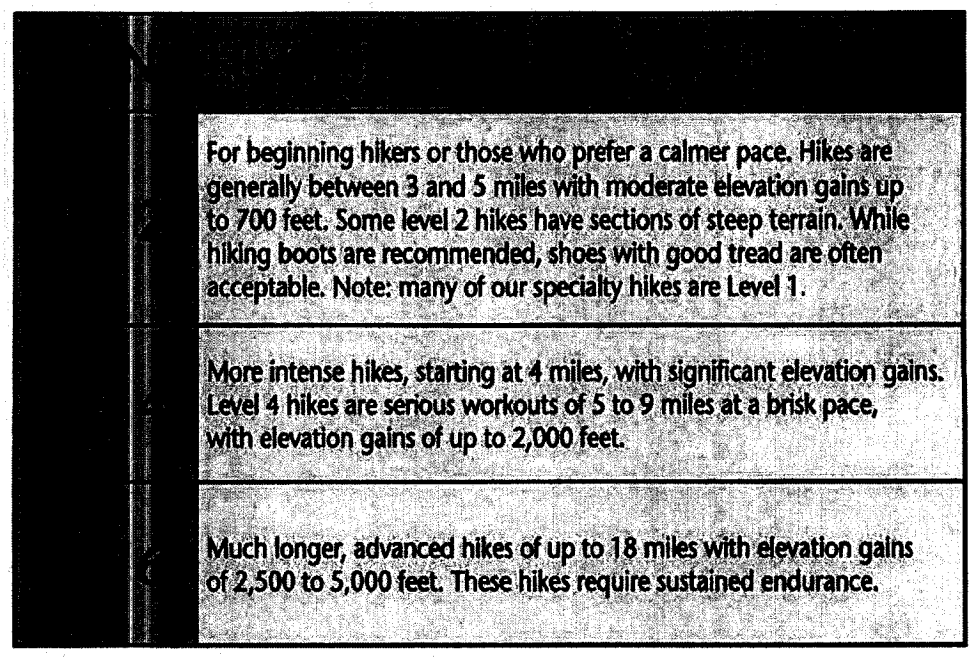
In summer months you will hike in higher elevation Alpine environments to take advantage of the cooler temperatures. In winter, trailheads begin in or near the many spectacular desert canyons close by. All Canyon Ranch hikes are led by knowledgeable and friendly guides who make your safety and enjoyment their top concern.

Whether your goal is to enjoy the magnificent scenery of the Sonoran Desert or to experience the deep satisfaction of conquering a challenging summit, make time for hiking and let nature work its magic on you.

Choosing the Right Hike

For your safety and enjoyment, it's important to choose a hike that suits your abilities and interests. Canyon Ranch hikes are graded numerically – from 1 for the easiest to 6 for the most challenging. In general, as you move up in number, the total amount of uphill and downhill increases, as does the pace. Other factors affecting a hike rating include degree of steepness, total miles and type of terrain.

Every hike has qualities that make it unique, and every hike has sections that are rocky and uphill.

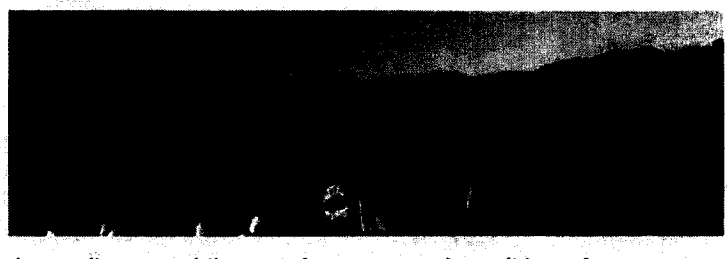


What You Need to Know

- Sign up for hikes in advance on the boards outside the Outdoor Sports office in the Spa Building. If you are unsure about which hike is best for you, consult the Outdoor Sports department between 8 a.m. and 4 p.m. daily, or call Ext. 4355.
- All hikes and bike rides meet in the Spa lobby.
- Canyon Ranch will provide guides, transportation to the trailhead, packs, water, towels and a meal or snack. There's plenty of room in your backpack for personal items, cameras and additional clothing. If you have specific dietary needs, please contact Outdoor Sports at Ext. 4355.

What to Wear

- Capilene or other synthetic, lightweight, long- or short-sleeved top
- Shorts or lightweight hiking pants
- Hat for sun or wind protection
- Light- to medium-weight hiking boots or trail shoes that fit well
- Good hiking socks (some hikers prefer a thicker pair on top of thin liners)
- Windbreaker or light jacket for winter hikes or for higher elevation mountain hikes in summer
- Sweatshirt or sweater (fleece or wool) for winter hikes
- Outdoor Sports will provide a backpack, food, water, towel and hiking poles



TRAILS

Our regularly scheduled complimentary hikes vary by season and conditions; for current offerings see the Outdoor Sports Activity Board.

Higher elevation summer mountain hikes are indicated in italics.

LEVEL 1				
	Black Hole	3.5	3.5	2,760-3,000
	Cactus Garden Loop	4	4	2,500-2,600
	Garwood Dam Trail	4	3.75	2,750-3,300
	Lime Kiln Canyon	4	4.25	2,945-3,060
	Lower Sabino	3.4	3	2,700-2,800
	Montrose Canyon	3	4.25	2,700-3,000
	Palisades-Thimble View	*2.5*	*4.5*	*7,850-7,500*
	Pontatoc Trail	3	3.5	3,100-3,400
	Sabino Loop	3.8	3.5	2,700-2,850
	Sabino Saunter	3-4	2.5	2,700-2,850
LEVEL 2				
	Aspen Loop	*4.4*	*5.75*	*7,450-8,400*
	Bear Canyon/Phoneline	5	4.5	2,650-3,100
	Box Camp	*3.4*	*5*	*8,050-7,500*
	Douglas Springs	4	4.25	2,760-3,400
	Esperero Trail	4	3.75	2,700-3,250
	Esperero/Sabino Loop	5	4	2,700-3,250
	Garwood Dam Loop	4.5	4	2,750-3,500
	Garwood Trail	5.5	4.5	2,750-3,000
	Hitchcock Overlook	*3*	*4*	*6,000-6,600*
	Hope Camp Trail	6.2	5	3,150-3,310
	Lemmon Creek	*4*	*5.5*	*7,450-8,000*
	Lemmon Park	*3.2*	*5*	*9,150-8,800*
	Lime Kiln Trail	5.8	4.75	2,945-3,060

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	Lower Bear Canyon	4.5	4	2,650-3,000
	Milagrosa Overlook	4	4	2,800-3,400
	Mission View	3.8	4.5	2,860-2,995
	Palisades Trail	*4*	*5.5*	*7,850-7,400*
	Peck Basin Overlook	*3.5*	*5*	*7,950-8,200, 7,800*
	Phoneline	4	4	2,700-3,200
	Phoneline Overlook	4	4	2,700-3,000
	Pima Canyon	3	4	2,900-3,370
	Pontatoc Overlook	3	4	3,100-3,600
	Santa Cruz Trail	4	4.5	2,825-2,735
	Stone Cabin	5	5.5	2,650-2,950
	Sunset Trail	*3.75*	*5.25*	*7,700-7,525*
	Sutherland Trail	5.2	5	2,700-3,400
	Sweetwater Trail	4	4.75	2,800-3,100
	Tanque Verde Saddle	3.5	4	3,100-3,800
	Ventana Trail	4	4	2,950-3,400
	Wild Horse Canyon	4.25	4	2,760-3,200
	Yetman Trail	4	5	2,950-3,150-2,800
LEVEL 3				
	Aspen Draw	*6.5*	*6*	*8,300-9,100*
	Bear Canyon	7.3	5.5	2,650-3,250
	Bear Saddle	*5.2*	*5.25*	*5,990-6,860*
	Blackett's Ridge	5	4	2,700-3,700
	Box Camp	*5*	*5.5*	*8,050-7,000*
	Bridal Wreath Trail	5.6	4.75	2,760-3,650
	Brown Mountain	4.5	5	2,735-3,098
	Butterfly	*4*	*5.5*	*7,950-8,200-7,200*
	Cat Mountain Vista	5.5	5	2,565-2,962
	Crystal Springs	*4.5*	*5.5*	*7,700-6,400*
	Douglas Springs	7	5	2,760-4,200

CR003166

	Douglas/Rock Springs	4.5	4.5	2,760-3,511
	Ernie's Falls	6.8	5.25	2,760-3,725
	Esperero Overlook	5.3	4.25	2,700-3,800
	Esperero Sabino Loop	6	4.5	2,700-3,800
	Finger Rock	4.2	4	3,100-4,400
	Fort Lowell Hills	6	4.75	2,850-4,100
	Garwood/Wildhorse Canyon	7	5.25	2,750-3,400
	Green Mountain Trail	*4*	*5*	*7,800-8,100-6,700*
	Josephine Saddle Loop	*6.5*	*7*	*5,400-7,080*
	Lemmon Creek	*6.4*	*6.5*	*7,450-8,000-7,390*
	Lemmon Park	*5.6*	*6*	*9,150-7,800*
	McDougal Ridge	4.25	4	3,700-4,600
	Milagrosa Canyon	6.3	4.75	2,800-4,200
	Mission View	5	5	2,860-3,350
	Palisades Trail	*5.5*	*5.75*	*7,850-6,800*
	Peck Basin	*4.2*	*5.25*	*7,950-8,200-7,600*
	Phoneline	8.75	5.5	2,700-3,400
	Pima Canyon	6	5	2,900-3,750
	Pontatoc Canyon	4.25	4	3,100-4,300
	Pontatoc Ridge	4	4.5	3,100-4,200
	Romero Trail	5.6	5.5	2,700-3,700
	Sendero Saddle	5.7	5.5	2,600-3,650
	Soldier Trail	4	4.25	5,000-3,900
	Sunset/Aspen Loop	*5.3*	*6*	*7,800-8,400*
	Sweetwater Saddle	6.8	5.75	2,800-3,880
	Sycamore Dam	4.6	4.75	5,000-5,500-4,400
	Tanque Verde Dome	6.2	5	3,100-4,500
	Tanque Verde Ledge	5.6	4.75	3,100-4,200
	Ventana/Maiden Pools	6	4.75	2,950-4,100
	Ventana Canyon Trail	5.5	4.5	2,950-4,100
	Vista del Sol	6.1	5.5	2,950-3,380
	West Spring	4	4.25	4,320-4,900

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LEVEL 4				
	Aspen Draw	*8*	*7*	*8,300-9,100-8,000*
	Blackett's Ridge	6.2	4	2,700-4,409
	Box Camp	*6.5*	*6*	*8,050-6,400*
	Butterfly/Novio Spring	*6.4*	*6.5*	*7,950-8,300-6,700*
	Crystal Springs	*5.5*	*6*	*7,700-6,200*
	Douglas Springs	9.2	6.5	2,760-4,700
	Esperero	8	5	2,700-4,600
	Esperero/Lipstick	6.5	4.5	2,700-4,200
	Finger Rock Trail	5.4	4.5	3,100-5,000
	Fort Lowell Trail	7	5.5	2,850-4,850
	Guthrie Peak	*7.4*	*6.5*	*5,900-7,300*
	King Canyon Loop	8	6.75	2,600-4,687
	Lemmon Park	*7*	*7*	*9,150-7,300*
	Milagrosa Loop	7.5	5	2,800-4,500
	Palisades	*7*	*6.5*	*7,850-6,000*
	Picacho Peak	5	6	1,975-3,375
	Pima Canyon	8	7	2,900-4,720
	Pontatoc Amphitheater	5	4.5	3,100-4,550
	Romero Eagle's Nest	9.25	7	2,700-4,800
	Samaniego Ridge Trail	*7.6*	*7*	*9,150-7,150*
	Soldier Trail	5.5	5	3,200-5,050
	Tanque Verde Ridge	8.5	6	3,100-5,000
	Thimble View	8	6.5	5,000-4,400
	Upper Bear Canyon	10	7.5	2,650-3,500
	Wasson Peak	8	6.5	2,800-4,690
	West Spring Trail	5.9	5	4,320-4,900-4,000
LEVEL 5				
	Aspen Draw	*11*	*8.5*	*8,300-9,100-7,450*
	Bridal Veil Falls	13	8	2,700-5,300

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	Butterfly/Aspen Loop	*12.3*	*8*	*8,200-6,700-8,300*
	Cathedral View	*8.5*	*8*	*9,150-7,400*
	Douglas Springs	12.5	7.5	2,760-4,800
	Fort Lowell/Agua Caliente Hill	9	7	2,850-5,369
	Hugh Norris Loop	12	8.75	2,600-4,687
	Hugh Norris Trail	10	7.75	2,660-4,687
	Hutch's Pool	13.5	8	2,700-3,900
	Juniper Basin	13.5	8.25	3,100-6,000
	Linda Vista	6.5	5.5	3,100-5,600
	Marshall Gulch Extension	*12*	*9*	*7,450-8,000-7,100*
	Milagrosa/West Spring	8.5	8.5	2,800-4,900-4,000
	Phoneline/Sycamore	12	8	2,500-5,000
	Pima Canyon	9.6	8	2,900-5,700
	Samaniego Peak	*11*	*8.5*	*9,450-6,900*
	Soldier Trail/Sycamore	10	7	3,200-5,300-4,000
	Thimble Peak	11	8	4,400-5,300
	Up to Sycamore	11	7.5	2,750-5,000
	Upper Ventana	10.5	7	2,950-5,250
	Wilderness of Rocks	*9.5*	*8.75*	*9,150-6,900*
LEVEL 6				
	Agua Caliente Hill	13	8.5	2,800-5,396
	Bear/Sabino Loop	18	10	2,700-4,800
	Mt. Kimball	10.4	8.5	3,100-7,255
	Mt. Wrightson	*12*	*10*	*5,000-9,453*
	Pima Saddle	10.6	9	2,900-7,200
	Thimble Peak	14.7	9.5	2,700-5,300
	Tanque Verde Peak	18	10	3,100-7,500
	TV Peak/Douglas Springs	21	10	3,100-7,050
	Up Finger Rock Down Pima	12	8.5	3,100-7,255
	Up Romero/Down Sabino	16.5	9	2,700-6,000
	Window Rock	15	9.5	2,950-7,000

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Specialty Activities & Hikes (complimentary)

Bird Walk	2 hours	on property
Drumming Hike	4 hours	2,750-3,000
Full Moon Walk	2 hours	2,750-2,900
Geocache (use GPS to locate treasures!)	2 hours	on property
Meditation Hike	4 hours	2,750-3,000
Nature Walk	1 hour	on property

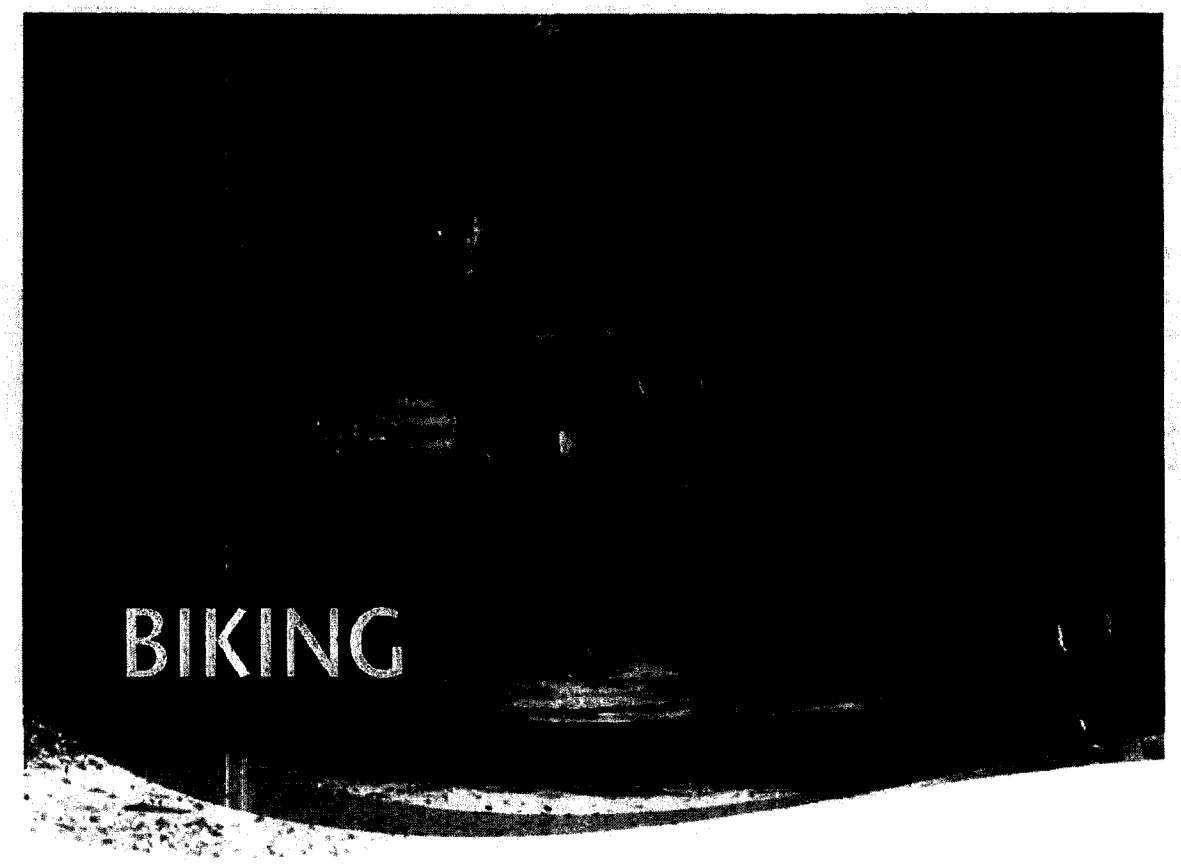
Specialty Activities & Hikes (fee applies)

Locations and lengths vary by season and are geared to the specific event. Locations often include Sabino Canyon, Mt. Lemmon, Agua Caliente Park, as well as Canyon Ranch property. These are considered Level 1 activities, as the focus is on the activity (such as photography, interpretive ecology or painting) more than on the distance of the hike. Time lengths are estimates; see Outdoor Sports Activity Board for specific departure and return times.

Birding Excursion	4 hours
Geocache Excursion	5 hours
Mountain Discovery Hike	5.5 hours
Desert Discovery Hike	4 hours
Nature Discovery: Arizona-Sonora Desert Museum	5.5 hours
Photography Hike	4 hours
Photo Walk (afternoon/evening)	3 hours
Poetry Hike	4 hours
Sketch & Paint the Sonoran Desert	4 hours

Private Hikes (fee applies)

Individual or group private hikes can be customized for any focus, length, level of intensity, terrain and duration you prefer. For details call Ext. 4355.



Canyon Ranch offers guided bike rides for groups at all ability levels. We have multiple rides and provide a variety of bike styles for comfort and easy operation.

Bike rides graded numerically – from 1 for the easiest to 4 for the most challenging. We also have single-track mountain bike rides.

Bikes are also available at no charge through the Biking department for short-term use. We'll provide directions and advice on where to ride. You may arrange private guided tours or instruction suited to your ability and schedule.

For more information or to arrange a private tour, call the Outdoor Sports office at Ext. 4355 between 8 a.m. and 4 p.m. daily.

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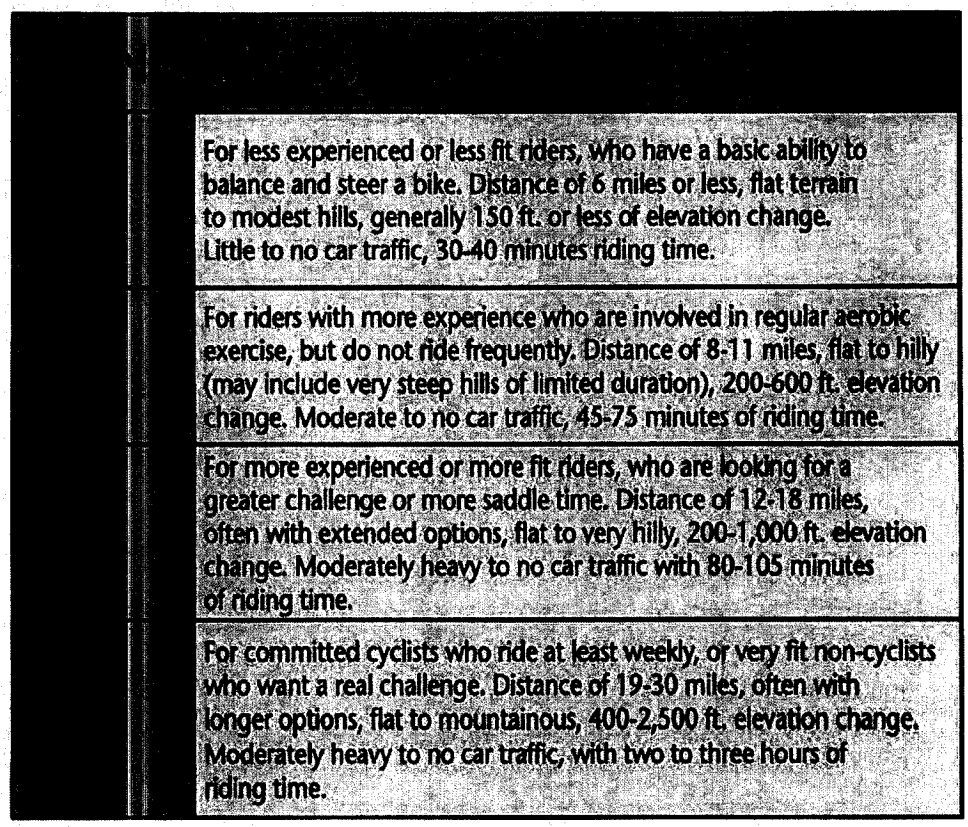

What to Wear

- Bike shorts are ideal, but lightweight, non-bulky athletic shorts will work.
- Cool season (November – March) morning rides may require longer legwear, along with a lightweight shell.
- Sport-style sunglasses are strongly recommended.
- Bike shoes are not required; running or aerobics shoes will suffice.
- Outdoor Sports will provide the bike, a snack, water and a helmet (required). Biking gloves are also available. For guests who bring their own bike shoes, we can provide SPD, and a limited number of Look and Look KEO pedals.

RIDES

Our regularly scheduled complimentary rides vary by season and conditions; for current offerings see the Outdoor Sports Activity Board. Rides are on paved roads, unless otherwise noted.

LEVEL 1				
	Ranch Byroads/Sunset Ride	4.5	1	2,600-2,700
LEVEL 2				
	River Path & Marketplace	10	3.5	2,250-2,350
	Saguaro Lite	8-16	4	2,850-3,250
	Ventana Lookout	10-13	2.5	2,600-3,000
	Mountain Bike Intro Off-Road	5	2	2,550-2,750
LEVEL 3				
	Agua Caliente	15	3	2,550-2,675
	Rillito River Path	16-24	4	2,250-2,450
	Sabino Canyon	12.5	3	2,600-3,400
	Saguaro Spin	14-22	4	2,850-3,250
	Bear Wallow Off-Road	6	4.5	8,000-8,600
	Chaparral Off-Road	8	4	3,500-3,100
	Mountain View Off-Road	7	4	3,650-4,200
LEVEL 4				
	Catalina Cooler	13.5-40	4.5	6,600-8,100
	Colossal Cave	19	4	2,900-3,550
	Fort Lowell Hills	17-24	3.5	2,550-2,950
	Squeeze the Lemmon	21-28	4	2,550-4,600
	Valle Verde Pacer	31	3	2,450-3,200

Private Bike Rides (fee applies)

Group and individual private bike rides of any level may be customized to meet your personal needs. Rates vary. For details, call Ext. 4355

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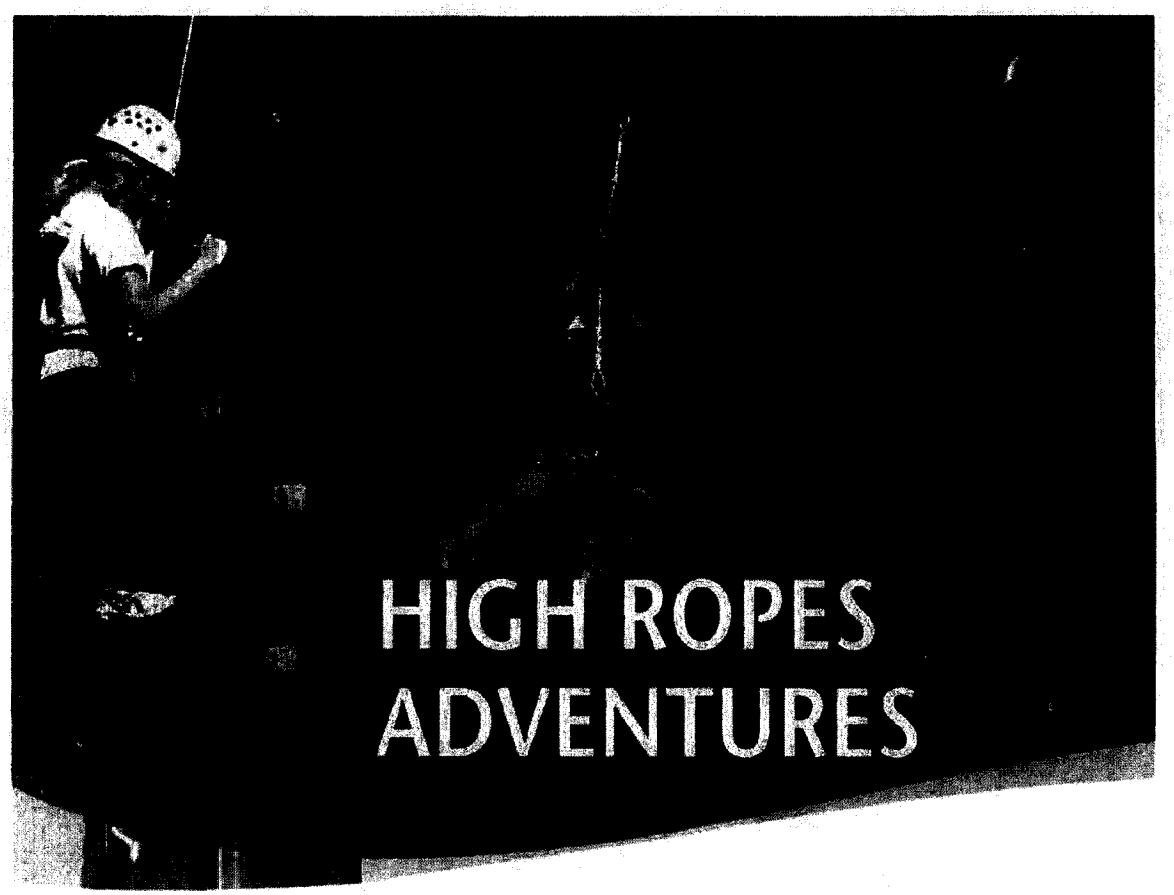


On our High Ropes Challenge Course, you'll discover new things about yourself and how you perceive risk. Three separate activities are offered, and the challenges you face on the course will connect to daily life: You'll learn about your performance under pressure, communication skills, and your ability to give and receive support. And you'll just plain have a blast!

What to Wear

- Comfortable exercise or hiking clothes appropriate to the season
- Sneakers or trail shoes
- No dangling jewelry.
- Outdoor Sports will provide a sit harness, helmet and all equipment necessary for the event (sling lines for the Challenge Course, climbing shoes for the Climbing Wall, ropes, carabineers, encouragement, etc.)

Activities (fee applies)

High Ropes Challenge Course	up to 4 hours
Aerial Adventure	1.5 hours
Climbing Wall	2 hours

CANYONRANCH.

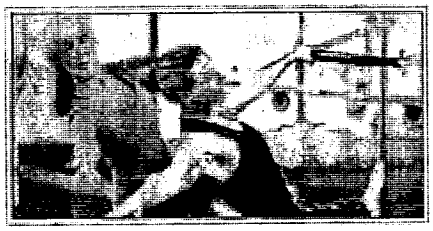
The Power of Possibility.

Fitness & Resort Activities in Tucson

Fitness and moving your body are essential for a long and healthy life, and Canyon Ranch in Tucson offers an astounding range of activities to get you moving and increase your energy. Our team of encouraging exercise physiologists will conduct a fitness assessment and tailor a program to meet your needs; our certified fitness instructors, who are highly qualified and caring, will help you do it right.

Canyon Ranch is your personal-training destination spa. You can exercise to lose weight, practice Pilates or yoga to shed stress, or hike and bike desert canyons, among other exciting outdoor activities. Swim or immerse yourself in low-impact water exercises at our Aquatic Center or in any one of three inviting outdoor pools. Golf on spectacular nearby courses or fine-tune your game at the Golf Performance Center.

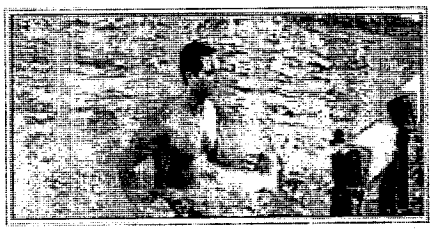
EXERCISE & MOVEMENT



Try something new or polish an old skill.

> More

AQUATIC EXPERIENCES



Movement in the water is great for all people, but is especially beneficial for those with any type of physical limitation.

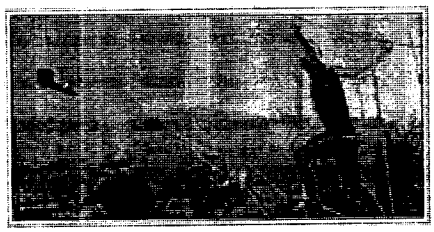
> More

GOLF PERFORMANCE CENTER

Experience golf the Canyon Ranch way with PGA pros in our 3,400-square-foot Golf Performance Center.

> More

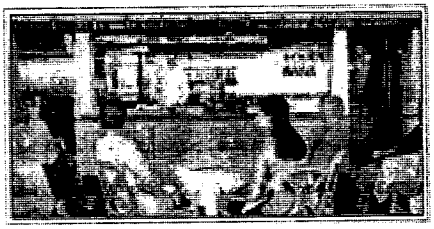
SPORTS & OUTDOORS



If you're itching to move ahead as an overall athlete or in a chosen sport, there's a "dream team" at Canyon Ranch waiting to help you.

> More

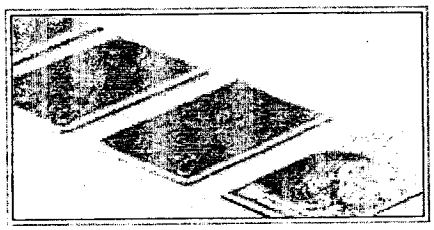
COOKING DEMOS & CLASSES



Learn from Canyon Ranch chefs.

> More

METAPHYSICAL



Inner wisdom is available to each of us; learning how to find it is part of the journey.

> More

CREATIVE ARTS

Nurturing your creativity nurtures your spirituality – and vice versa.

> More

SERVICES FOR TEENS

Guests ages 14-17 are welcome to choose from our extensive menu of fitness and activities available to

teens, including personal training sessions, aquatic experiences, outdoor sports and metaphysical consultations.

> More

CANYONRANCH.
The Power of Possibility.

Golf Performance Center

Experience golf the Canyon Ranch way with PGA pros in our 3,400-square-foot Golf Performance Center, featuring the latest training aids and video-enhanced instruction technology:

- V-1 Video Capture Analysis
- Balance Force Plates
- Computerized Swing Analyzer

These state-of-the-art technologies are combined with PGA instruction and focused fitness training to take your game to a new level. Beginners to advanced players benefit from these programs. Choose from:

- Individual Golf Lessons
- Half-Day Partners Golf School
- Golf Physical
- Golf Clinics
- Boot Camp Golf – a six-hour intensive focused on one aspect of the game

View the Golf Performance Center brochure.

Call our PGA Golf professionals at Ext. 4627 to learn about special golf packages and programming.

INDIVIDUAL GOLF LESSON

Our PGA golf professionals work with you to develop your natural ability and help you reach your goals, no matter what your current skill level. Does technology excite you? It's here. Interested in training aids? We've got them. Take-home materials? You bet. Add "fun" and what more could you possibly want?

$150 for 50 minutes

BOOT CAMP GOLF - CONDITIONING

Want to understand what all the golf-conditioning excitement is about? We've got just the program – and then some. First, a PGA golf professional instructs you in the elements of an athletic swing: balance, tempo, relaxation, and awareness. You'll then practice your swing and improve the shape you're in with the help of various golf-conditioning training aids. All in all, this is a unique integration of swing training and specialized conditioning. (This is one-on-one instruction unless you request otherwise.)

$840 for 6 hours

BOOT CAMP GOLF - FULL SWING

This six-hour, three-day golf learning system works through repetition to hone skills and develop muscle memory. For beginning, intermediate and advanced golfers. (This is one-on-one instruction unless you request otherwise.)

$840 for 6 hours

BOOT CAMP GOLF - SHORT GAME

Putting, chipping, pitching and bunker play comprise over 60 percent of your golf shots. Boot Camp Golf's muscle memory instruction is applied in these areas, thus accelerating the learning process. For beginning, intermediate, and advanced golfers. (This is one-on-one instruction unless you request otherwise.)

$840 for 6 hours

GOLF PHYSICAL

Part I – In the first session of this state-of-the-art offering, our PGA professionals use the latest technology to provide a focused assessment of four aspects of fitness as they relate to your game. Test one: Strength – swing speed is measured via precise sensor computerization. Test two: Flexibility – golf-specific rotation is measured. Test three: Posture – our video technology reviews critical aspects of posture. Test four: Balance – the latest force-plate technology analyzes swing balance/imbalance from beginning to end. You'll take home detailed test results. 50 minutes.

Part II – Our PGA professionals use your first-session test results to provide you with a swing exercise program designed specifically for you. A summary video file of your program will be emailed to you so you can continue polishing your game at home. 50 minutes.

$300 for Parts I and II

PILATES FOR GOLF

Improve the ease, accuracy and efficiency of your golf swing the way many professional athletes do – with the core conditioning techniques of the Pilates method. Learn the basics and take home illustrated instructions for exercises that develop trunk and shoulder stability and improve flexibility and spinal rotation. The body/mind focus of Pilates also helps foster the flow state that

CR003179

great sports performance requires.

$125 for 50 minutes

GOLF PACKAGES

Is golf your game? Make it the center of your Canyon Ranch stay.

4-Night Golf Package

- Two rounds of golf at nearby Ventana Canyon
- One Private Golf Lesson in the Canyon Ranch Golf Performance Center with a PGA professional

7-Night Golf Package

- Three rounds of golf at nearby Ventana Canyon
- Two Private Golf Lessons in the Canyon Ranch Golf Performance Center with a PGA professional

Every golf package* includes an allowance for Canyon Ranch services and consultations, transportation to the course, cart, green fee and driving range.

*Golf package fee is in addition to the orginial package rate for your stay.

$650 fee for 4-night package

$1,200 fee for 7-night package

GOLF CLINICS

Our PGA professionals offer group clinics targeting chipping, pitching, putting, and bunkers. Consult a Program Advisor or stop by the Golf Performance Center for additional information on clinic subject matter. Group size limited to four. Check This Week at Canyon Ranch for days and times.

$95 for 50 minutes

HALF-DAY PARTNERS GOLF SCHOOL

You design a semi-private golf school for two. Target a specific area of interest (full swing, short game, mental game, conditioning) and our PGA professionals will help you develop the skills necessary to move you forward with your game.

$285 for 3 hours

SEMI-PRIVATE GOLF LESSON

Share a session with a friend, partner, parent or child to fit your specific needs. For two people.

$190 for 50 minutes

CR003180

CANYONRANCH.
The Power of Possibility.

Primitive Technology

Learn timeless survival skills and hone your senses as you connect with the ways and wisdom of our ancestors.

ANIMAL TRACKING

Which creature made those tracks – and what was it doing? Learn how to follow and interpret animal tracks in the desert, and discover which other signs can show you that critters have passed through the area.

$95 times vary

ARROWHEAD ARTISTRY

Learn how to turn a flake of obsidian into an arrowhead, by replicating techniques used in ancient cultures to make refined tools for the hunt.

$95 times vary

NATIVE AWARENESS

Develop your outdoor senses. You'll learn awareness exercises and mobile meditation techniques and discover how to sharpen your visual senses, as you hone your awareness skills in a natural setting.

complimentary

PRIMITIVE FIRE-MAKING

Learn how to coax a hot coal from hand-hewn sticks with this most exciting

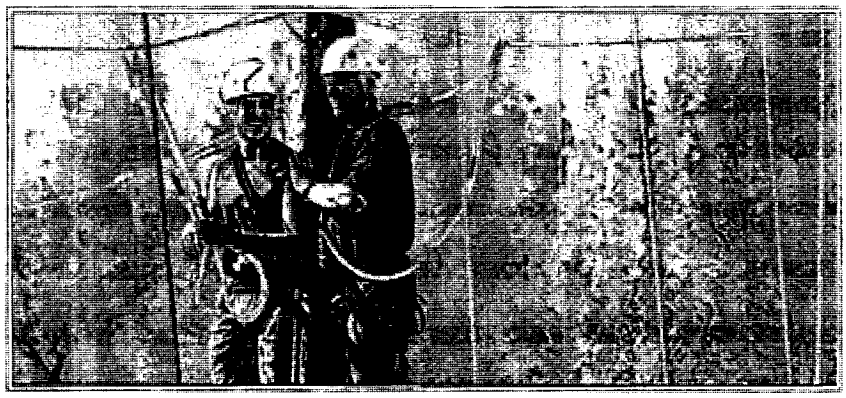
CR003182

of outdoors skills. Experience a true Aha! moment as you connect with the primal thrill of creating fire.

complimentary

CANYONRANCH.
The Power of Possibility.

High Ropes Adventures



It's daring, fun and thrilling! Discover new things about yourself and how you perceive risk. Three separate activities are offered, and the challenges you face on the course will connect to daily life. You'll learn about your performance under pressure, communication skills and your ability to give and receive support.

And you'll just plain have a blast!

Please contact Outdoor Sports at Ext. 4355 for more information.

HIGH ROPES CHALLENGE COURSE

On our new High Ropes Challenge Course – which you'll experience with the guidance of our knowledgeable staff – you'll discover new things about yourself and how you perceive risk. The challenges you'll face on the course will connect to daily life: You'll learn about your communication skills, performance under pressure and your ability to give and receive support. The course, which includes a giant swing, offers many routes and is highly interactive. You make all the decisions about starting, engaging and ending

CR003184

your adventure. Minimum two, maximum six people.

$220 for 2 to 4 hours

AERIAL ADVENTURE/ZIPLINE

Try something new, push your boundaries, improve your self-confidence and just plain have fun as our staff guides you safely through a high-flying adventure on our Zipline.

$95 for 90 minutes

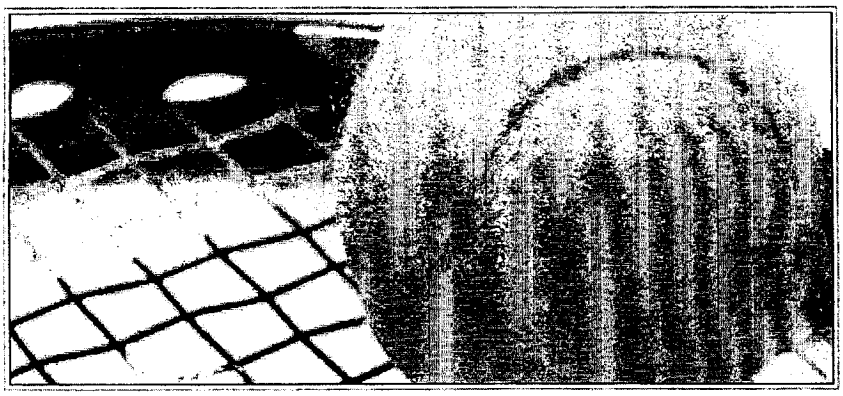
CLIMBING WALL

Reach for the next hold and scale new heights! The outdoor climbing wall experience simulates sport rock-climbing in a controlled setting, and is great for beginning to intermediate climbers. Challenge yourself on a variety of routes. Both clinics and private sessions are available.

$140 for 2 hours

CANYONRANCH.
The Power of Possibility.

Racquet Sports



Pickleball
New to Canyon Ranch: The fastest-growing sport in the nation, this competitive, easy-to-learn game is a fun combination of ping-pong, tennis and badminton. Played on a court smaller than a tennis court, using paddles and plastic balls, pickleball focuses on shot placement and accuracy rather than speed or athletic ability.

Tennis
Put the enjoyment back into your game! Our skilled United States Professional Tennis Association-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. Play on our outdoor courts is complimentary; racquets are available. Lights are available for night play. For clinics, round-robin tournaments, ball machine sessions, and video analysis of your game, call Ext. 4338.

PICKLEBALL CLINIC

Group instruction with separate clinics for beginners and intermediate/advanced. Weekdays. Sign up and fee information: Spa Activity Board. Check This Week at Canyon Ranch for days and times.

$75 for 50 minutes

PRIVATE PICKLEBALL LESSON

Beginning basics to advanced instruction.

$140 for 50 minutes

SEMI-PRIVATE PICKLEBALL LESSON

Sign up with another person for an instructional lesson.

$190 for 50 minutes

PILATES FOR TENNIS

Improve the ease, accuracy and efficiency of your game the way many professional athletes do – with the core conditioning techniques of the Pilates method. Learn the basics and take home illustrated instructions for exercises that develop trunk and shoulder stability and improve flexibility and spinal rotation. In addition, the body-mind focus of Pilates helps foster the flow state that great sports performance requires.

$125 for 50 minutes

PRIVATE TENNIS LESSON

Beginning basics to advanced instruction, hitting lesson or workout drills.

$80 for 25 minutes
$140 for 50 minutes

ROUND-ROBIN DOUBLES TENNIS MIXER

Twice a week. Sign up: Spa Activity Board

complimentary

SEMI-PRIVATE TENNIS LESSON

Sign up with another person for an instructional lesson or a great workout.

$190 for 50 minutes

TENNIS CLINIC

Group instruction with separate clinics for beginners and intermediate/advanced. Weekdays. Sign up and fee information: Spa Activity Board. Check This Week at Canyon Ranch for days and times.

$75 for 50 minutes

DVD VIDEO LESSON

Get a DVD video analysis of your game. Take it home and benefit for a lifetime.

$180 for 50 minutes

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CANYONRANCH.
The Power of Possibility.

Fitness & Resort Activities in Lenox

Exercise and movement are essential for a long and healthy life, and Canyon Ranch in Lenox offers an astounding range of activities to get you moving and increase your energy. Our team of encouraging exercise physiologists will conduct a fitness assessment and tailor a program to meet your needs; our certified fitness professionals, who are highly qualified and caring, will help you do it right.

EXERCISE & MOVEMENT

Canyon Ranch in Lenox offers more than 40 complimentary classes daily designed to improve your strength, endurance, flexibility, balance and cardiovascular health.

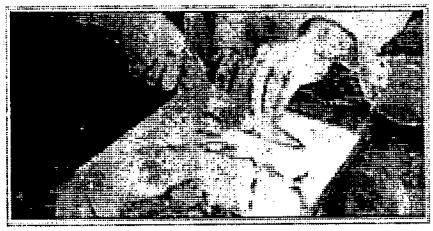
> More

SPORTS & OUTDOORS

The year-round beauty of the Berkshires in Massachusetts is your scenic setting for individual and group outdoor activities.

> More

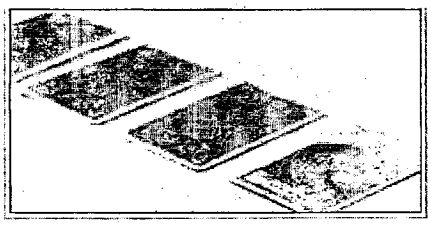
COOKING DEMOS & CLASSES



Learn from Canyon Ranch chefs.

> More

METAPHYSICAL



Metaphysical consultations provide insight and offer intriguing alternate pathways to self-awareness.

> More

CREATIVE ARTS

Nurturing your creativity nurtures your spirituality – and vice versa.

> More

SERVICES FOR TEENS

Guests ages 14-17 are welcome to choose from our extensive menu of fitness and activities available to teens, including personal training sessions, aquatic experiences, outdoor sports and metaphysical consultations.

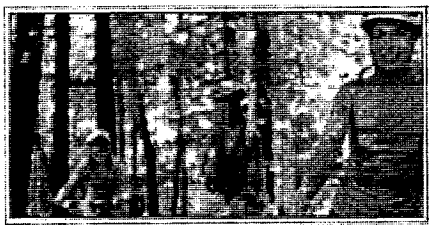
> More

CANYONRANCH.
The Power of Possibility.

Sports & Outdoors

Hiking, biking, canoeing, kayaking, skiing, snowshoeing and just being out in the lovely Berkshire Hills are among our guests' most treasured experiences at Canyon Ranch. Reap the rewards of health and fitness by letting the sights and sounds of nature renew your spirit while you get a great workout in the company of our knowledgeable guides. Many of our Outdoor Sports activities are complimentary; please check to see whether fees apply.

BIKING



We have biking options for every situation, whether you want to ride alone or with a group, on the road, or off!

> More

HIKING

Hiking is an ideal way to pursue fitness while enjoying the diverse natural beauty.

> More

ON THE WATER

Enjoy a wide variety of canoe,

CR003191

kayak, sculling and paddle boarding options on scenic Berkshire lakes, ponds, and rivers.

> More

IN THE SNOW

Winter is a beautiful time to enjoy skiing, hiking, and snowshoeing adventures.

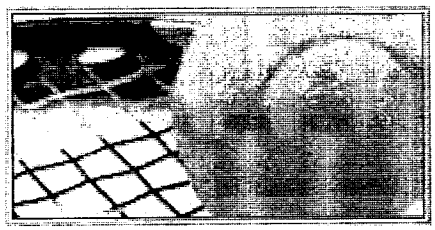
> More

ROPES

On our High Ropes Challenge Course, you'll discover new things about yourself and how you perceive risk.

> More

RACQUET SPORTS



Our skilled USPTA-certified tennis pros offer fun and constructive ways to improve all aspects of your game.

> More

CANYONRANCH.
The Power of Possibility.

On the Water

CANOE & HIKE

Enjoy the best of both worlds: a two-mile hike along the Appalachian Trail combined with scenic canoeing. The group is split into two – half hiking and half canoeing – and switches off at the Appalachian Trail Hut located at pristine Goose Pond. Able swimmers only. May through October. Sign up: Spa Activity Board.

complimentary

GROUP CANOE ADVENTURES

Try flat-water canoeing May through October on Berkshire lakes and ponds. Able swimmers only. Sign up: Spa Activity Board.

complimentary

GROUP KAYAKING WORKSHOP

Our experts teach you the basics of this relaxing water sport on scenic Berkshire ponds and rivers. Able swimmers only. Sign up: Spa Activity Board.

$95

PRIVATE KAYAKING LESSONS & TOURS

You or your group can develop your skills or take the tour of your dreams with an expert guide.

times & fees vary

CR003193

SCULLING

The most elegant form of rowing. Scullers enjoy placid waters in the quiet of early morning and develop precise bladework and fluidity of motion. Sculling joins body, mind and nature in a way that satisfies the soul. May through September. Also available as a private session. Sign up: Spa Activity Board.

$140 for 180 minutes

STAND UP PADDLE BOARDING

Try the fastest growing water sport in America! Stand Up Paddle Boarding is fun and easy to learn. In this group experience, you'll effectively work your core while challenging your balance. Able swimmers only. Sign up: Spa Activity Board.

times & fees vary

CR003194

CANYONRANCH.
The Power of Possibility.

In the Snow

GROUP CROSS-COUNTRY
Enjoy complimentary cross-country skiing on beautifully groomed trails.

complimentary

CROSS-COUNTRY LESSONS & TOURS
Individual and group cross-country skiing lessons are available for beginning through intermediate skiers, conditions permitting. A great aerobic workout.

times & fees vary

POLE HIKING, SNOWSHOEING & WINTER HIKING
Shake off the winter doldrums by getting into nature. Pole hiking is an aerobic preparation for cross-country skiing and a perfect activity when snow is scant. For winter hiking, be sure to bring a warm hat, gloves and strong waterproof hiking boots. Sign up: Spa Activity Board.

complimentary

PRIVATE SNOWSHOE LESSON
Enjoy the Berkshire snow with a snowshoe experience on beautiful Ranch property. Receive instruction in basic snowshoeing techniques and a good aerobic workout (much like hiking). Feel free to go out on your own anytime during your stay to enjoy the scenery; snowshoes are available at Outdoor Sports.

$140 for 80 minutes

CANYONRANCH.
The Power of Possibility.

Ropes

HIGH ROPES CHALLENGE COURSE

On our High Ropes Challenge Course – which you'll experience with the guidance of our knowledgeable staff – you'll discover new things about yourself and how you perceive risk. The challenges you'll face on the course will connect to daily life: You'll learn about your communication skills, performance under pressure and your ability to give and receive support. The course offers many routes and is highly interactive, whether you traverse it one-on-one or with a group. You make all the decisions about starting, engaging and ending your adventure. Limit six people. Sign up: Spa Activity Board.

$220 for 2 to 4 hours

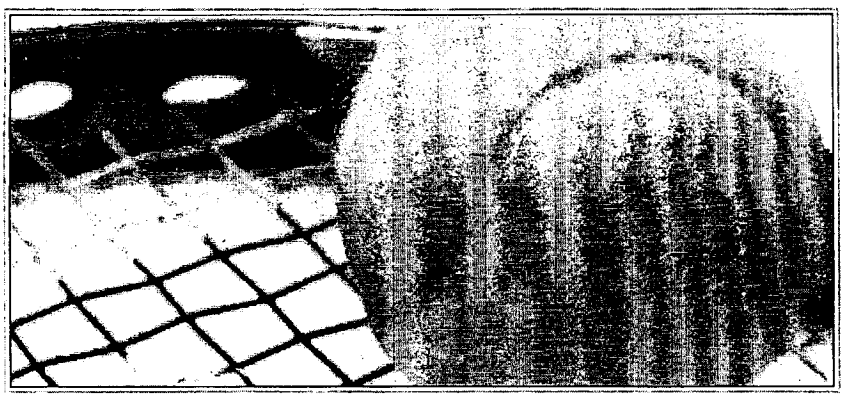
AERIAL ADVENTURE

Try something new, push your boundaries, improve your self-confidence and just plain have fun as our staff guides you safely through a high-flying adventure on the two most popular features of the High Ropes Challenge Course: the Zipline and Giant Swing. Sign up: Spa Activity Board.

$95 for 80 minutes

CANYONRANCH.
The Power of Possibility.

Racquet Sports



Put the enjoyment back into your game! Our skilled USPTA-certified tennis pros offer fun and constructive ways to improve all aspects of your game with beginning to advanced instruction. Play on our outdoor courts is seasonal; racquets are available. For clinics, round-robin tournaments, equipment and lessons, call Ext. 5535.

PRIVATE TENNIS LESSON

Beginning basics to advanced instruction, hitting lesson or workout drills.

$140 for 50 minutes

SEMI-PRIVATE TENNIS LESSON

Sign up with another person for an instructional lesson or a great workout.

$190 for 50 minutes

TENNIS CLINIC

Group instruction with separate clinics for beginners and intermediate/advanced. Check This Week at Canyon Ranch for days and times.

$75 for 50 minutes

PRIVATE SQUASH LESSON

No matter what your level of play, you'll improve your game and get a great workout. Please note that advance notice is required for scheduling.

$140 for 50 minutes

PRIVATE RACQUETBALL LESSON

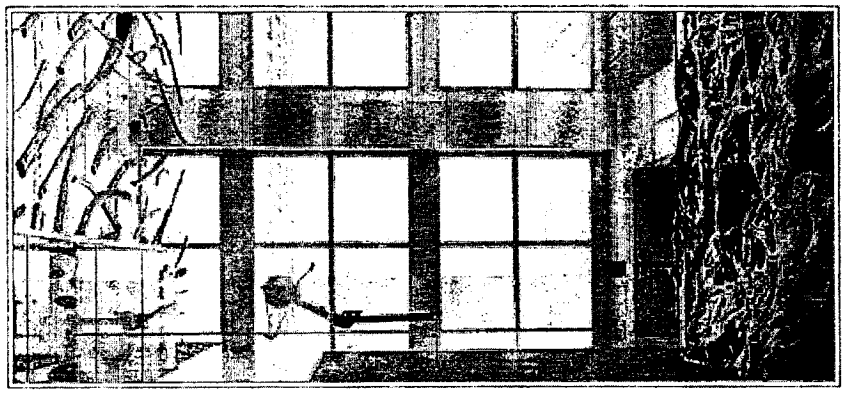
Whether you're a beginner or an ace, you can sharpen your game with the help of a fitness professional – and have a ball. Please note that advance notice is required for scheduling.

$140 for 50 minutes

CANYONRANCH.
The Power of Possibility.

Adventure & Outdoors

The year-round beauty of Miami Beach is the spectacular setting for numerous individual and group indoor and outdoor activities led by experienced instructors. Challenge yourself on our rock wall, get active on our beautiful beach with a complimentary Beach Conditioning class or Beach Boot Camp - or let us make arrangements for additional outdoor activities, from golf and tennis to kayaking and surfing. You'll have fun and feel terrific!



ROCK-WALL CLIMBING

Challenge your body and spirit by climbing our two-story indoor rock wall. Go straight to the top or travel horizontally and make it part of a fun and challenging circuit training workout! Climbing is available individually, with a friend or in small groups. Complimentary Rock Wall Orientation Classes, as well as semi-private small group classes can be found in This Week at Canyon Ranch. Private and Duo sessions can be booked at your convenience with a Program Advisor. Shoes and helmets are provided and required. Please wear socks and fitness attire for this activity.

$50 for 25 minutes
$95 for 50 minutes

OFFSITE OUTDOOR ACTIVITIES

Golf

Tee off at one of Miami Beach's world-class golf courses. Choose from training sessions, private golf clinics, corporate golf outings or tournaments, or simply practice your swing at the driving range.

Tennis

Test your physical strength and endurance with the intense rigors of a tennis workout. Canyon Ranch arranges tennis activities for groups or individuals on clay or hard-floor courts throughout the city.

Kayaking

Enjoy the beauty of Miami Beach and its waterways from a whole new perspective. Guided kayak tours, private or group tours, full-moon excursions and special events are available.

Surfing

Experience the natural energy of the surf on one of the cleanest and most beautiful beaches anywhere. Learn about the mind/body aspects of this uniquely rewarding sport. Surf lesson programs for men and women of all ages and skill levels are available.

Fees vary for these services, which can be arranged through the hotel Concierge.

CANYONRANCH.
The Power of Possibility.

On the Beach

We offer a variety of exhilarating complimentary fitness and mind-body classes on the beach. Please see This Week at Canyon Ranch for details.

BEACH BOOT CAMP

Beach Boot Camps offer a fun outdoor option for strength and cardiovascular training in group, semi-private and private training experiences. Sessions are high in energy and require a strong spirit. Coaches challenge participants to reach new heights in their fitness levels. Classes can be completed with or without shoes. All levels.

Complimentary

BEACH WALK

Enjoy the serenity of the Florida coastline. Guided beach walks travel north and south, offering guests a chance to either slow down and smell the seashells or to make tracks as they power-walk toward Bal Harbour or South Beach. All levels.

Complimentary

CASTLES IN THE SAND

Slow down and play in the surf as you make your masterpiece on the sand. Shovels and castle-building tools are provided as you let your imagination go. Experience the feeling of non-attachment as the tide washes it away back to the sea. All levels. Can be scheduled as a private session or group experience.

Complimentary

CANYONRANCH.
The Power of Possibility.

Aquatic Experiences

Outdoor Pools

The adults-only heated Atlantic Pool located on the rooftop of the Wellness Spa building is suitable for lap swimming and outdoor group classes. Pool classes are listed in This Week at Canyon Ranch and on the Spa Activity Boards. Please note that there is no lifeguard on duty at our pools. Lap swimming is permitted outside of scheduled class times.

AQUA CONDITIONING WORKOUT

Work with an aquatic instructor to start or continue water workouts. Learn exercises to improve your flexibility, cardiovascular endurance and strength. You'll develop a water workout you can use at home.

$120 for 50 minutes

BURDENKO WATER EXERCISE

Learn to move more efficiently, gracefully and safely. This innovative water exercise program for all fitness levels teaches the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. No swimming skills are necessary as you use a floatation vest and water barbells. The rehabilitative aspect of the Burdenko method is ideal for those recovering from injuries or surgery; the conditioning and training aspect is perfect for those interested in improving quality of life and sports performance.

CR003204

$120 for 50 minutes

SWIM LESSON

Private lessons are valuable for beginner, intermediate or advanced swimmers. Learn basic swimming skills, correct your stroke for improved lap-swimming, learn better breath control and advanced strokes, or set up a training program for competition.

$120 for 50 minutes

OPEN-WATER SWIM TRAINING

The Atlantic Ocean is our easternmost saltwater pool, and training in this environment is for the adventure-spirited. Train like a pro as your skilled personal coach takes you to the water's edge and beyond the monotony of swimming laps in a pool. Every swim is different, with changing tides, currents and marine life. Recommended only for intermediate and advanced swimmers.

$120 for 50 minutes

CR003205

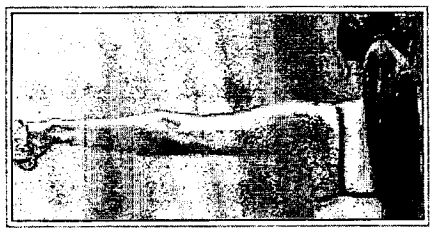
CANYONRANCH.
The Power of Possibility.

Health & Fitness Activities in Las Vegas

At Canyon Ranch SpaClub® in Las Vegas you'll find a unique selection of world-class facilities, classes and enlightening presentations that add up to an extraordinary opportunity to have fun while getting on a healthier track for life.

We offer sparkling, state-of-the-art fitness facilities and a wide range of activities to get you moving and increase your energy. Our team of encouraging exercise physiologists will conduct a fitness assessment and tailor a program to meet your needs; our certified fitness professionals will help you do it right.

EXERCISE & MOVEMENT



Use of the facilities, fitness classes and wellness presentations are included with a SpaClub® Day Passport.

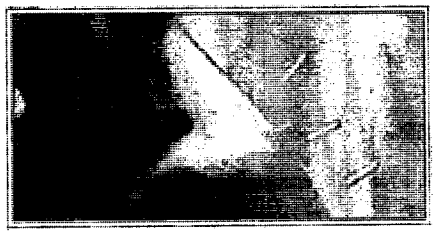
> More

FOOD & NUTRITION

Learn the proven Canyon Ranch approach to healthy weight maintenance.

> More

ACUPUNCTURE



Acupuncture is a pillar of the ancient, holistic healing system of China.

> More

Dist 11/30/94

DECEMBER
1994

Vacation Spas

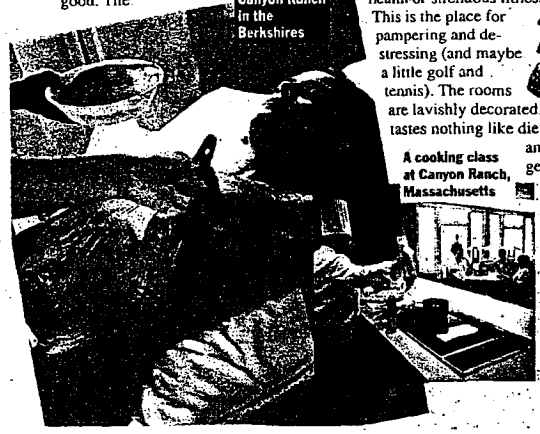
From boot camps to Wild West outposts to luxury retreats, a guide to some of the best spas across the country.

Massachusetts

Canyon Ranch in the Berkshires

If Canyon Ranch in Lenox, Massachusetts, were a car-rental company, its motto would be "We try harder." The spa has to: The Berkshire mountains—a place that conjures up images of autumn leaves, antiques shops, and Edith Wharton—just don't feel like spa country. But it tries. The spa has beefed up its menu of outdoor activities, with kayaking and canoeing in warm weather, cross-country skiing and snowshoeing in winter, and hiking year-round. And unlike most spas, which are content to send guests away just a few pounds lighter, Canyon Ranch aims for reform—serious reform, medical reform. The food is sometimes quite good. The problem is that you can order anything—and everything—and leave a few (unintended) pounds heavier. We just wish the antiseptic guest rooms had a little more New England charm. **Price:** One week off-season, from $2,848; high season, $3,857. Three-night weekend off-season, $1,191; high season, $1,644. **Address:** 165 Kemble St., Lenox. **Phone:** 800-726-9900.

Water games and mountain hikes at the Ashram



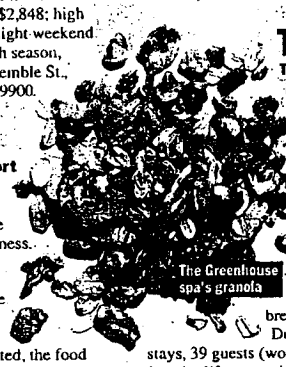
Taking the mud at Canyon Ranch in the Berkshires

A cooking class at Canyon Ranch, Massachusetts

Florida

The Doral Golf Resort and Spa

Few people travel to the Doral for hard-core health or strenuous fitness. This is the place for pampering and de-stressing (and maybe a little golf and tennis). The rooms are lavishly decorated, the food tastes nothing like diet fare, and everybody gets a full wardrobe of shorts, T-shirt, and fluffy robe. Treatments at the spa include everything from aromatherapy to Body Fango mud treatments. Workouts are low-key. The Doral does not embrace the trendy, die-hard pumping-iron approach (no lifting weights in combat boots here). Though fitness classes and facilities are plentiful, a lot of guests prefer to power-walk around the golf course. Regulars know to book treatments and training sessions when making a reservation because preferred time slots fill up quickly. **Price:** One week, $5,203. **Address:** 8755 Northwest 36th St., Miami. **Phone:** 305-593-6030.



The Greenhouse spa's granola

Texas

The Greenhouse

No view, no mountain air, no nature walks. Tucked away in an industrial park near the Dallas/Fort Worth airport, the 30-year-old Greenhouse is the Biosphere of breakfast-in-bed spas. During their seven-day stays, 39 guests (women only) lead an *interior* life, emerging only for tennis or an afternoon shopping spree in Dallas. The spa's namesake is a lattice-covered greenhouse atrium enclosing a 92-degree exercise pool. It is here that exercise classes are held and filling low-fat lunches (Greenhouse chili, asparagus guacamole) are served. Hair treatments, pedicures, and Chanel makeup classes get equal time with massages, aerobics, and Pilates. (Celebrity haircutter Frederic Fekkai makes an appearance from time to time.) Recently, to counteract

FROM TOP: TERRY DOYLE; TERRY DOYLE; FRANCIS HAMMOND; FRANCIS HAMMOND; STILL LIFE: DAVID COOK

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Vacation Spas

(continued from page 216)

its hothouse-flower image, the Greenhouse has promoted weeks with Radu, Manhattan's tough-love trainer. Nonetheless, the Greenhouse is not where one goes to get in shape to climb Everest. Guests usually leave at least six pounds and a few thousand dollars lighter. **Price:** One week, $3,795. **Address:** Box 1144, Arlington 76004. **Phone:** 817-640-4000.

Utah

Green Valley Spa

Team-spirited adventurers flock to Green Valley Spa for the hikes through Bryce Canyon and Zion national parks. Even the spa-weary are won over by the mystical red-rock desert (once-café-bound New Yorkers act suspiciously like devoted hikers here). Those who opt out of the climbfest can play tennis, but they'll have few other choices of activity until the afternoon migration to the skin-and-body-treatment center. The New Age–y Native American theme can be a bit much: For example, each day is given a different color with its own spiritual meaning. And at times it can be schizophrenic: There are authentic tribal rituals but fake chintz in the condos; beautiful water-and-flower-petal treatments but wimpy back massages. Somehow the 30 or so guests (a mixed crowd) band together to pull one another through the rough spots. **Price:** One week, $2,140 ($2,350 from March 1, 1995). **Address:** 1515 West Canyon View Dr., St. George. **Phone:** 801-628-8060.

Views of the spectacular surroundings at Green Valley Spa

Arizona

Canyon Ranch

The Ranch, to regulars, is truly another world. Imagine Disneyland run like West Point with a health slant. Recovery, both mental and physical, is the goal here, and it's pursued rigorously. The one-on-one sessions with psychology, nutrition, and exercise specialists leave guests inspired and recharged, and hikes through the southwestern wilderness (ask for assistant hiking director Mark Black) make feasting at the pasta bar at night guilt-free: There is a set menu at the spa, but picky eaters are able to request specific dishes. The well-balanced selection of fitness and treatment options (hot and cold pools, massage sessions, reflexology, and gym classes) outranks that at other spas. Scheduling is everything, so the choosy should call ahead to reserve trainers and treatment appointments. **Price:** One week, from $3,569; four nights, from $2,123. **Address:** 8600 East Rockcliff Rd., Tucson. **Phone:** 800-726-9900.

Group spirit: Exercise classes at Skylonda.

California

Golden Door

The setting is Japanese, but there isn't a Sony in sight. Waterfalls and botanical gardens set the mood at this lavish pagoda. All this serenity inspires a Zen mentality—and the yoga, Shiatsu, and Tai Chi classes don't hurt. But it's Narcissus, not Buddha, who really runs the place: Breakfast is served in bed, heated bathrobes are presented after swimming, and the rooms are luxurious, with beds that feel like clouds. The exercise is invigorating, but fitness fiends will have to search hard for that burn. The food, including organic vegetables grown in an on-site garden, looks like artwork, but meals can occasionally be bland. The beauty treatments are consistently relaxing and revitalizing. A highly accommodating staff outnumber guests four to one. **Price:** One week, $4,250. (Note: Coed four weeks a year; men only four weeks a year; all other times, women only.) **Address:** Box 463077, Escondido 92046-3077. **Phone:** 800-424-0777.

Skylonda

Couch potatoes, stay home: Skylonda is not the place for decadent lounging. Colossal hikes are the backbone of the daily activity. Designed to pump up endurance, they become increasingly strenuous and long—at times hitting nearly 20 miles a day by week's end. Outdoors, the acres of towering redwoods (the spa is 32 miles south of San Francisco) are spectacular; indoors, the exercise facilities are relatively sparse. Beauty buffs may find the menu of treatments limited—no mud baths or body wraps—but the daily massages and Decleor facials are pleasant enough.

Oil-free sunblock from Golden Door

FROM TOP: KEN PROBST; KEN PROBST; FRANK ARMSTRONG; FRANK ARMSTRONG; STILL LIFE: DAVID COOK

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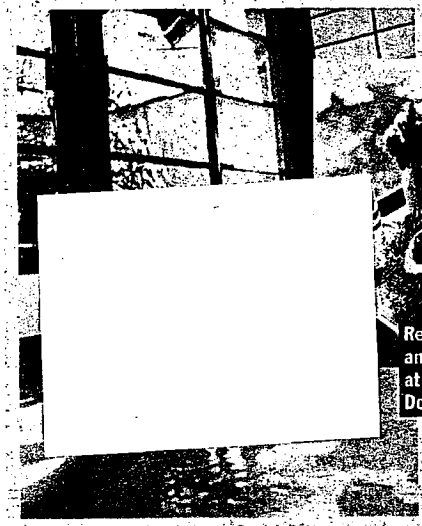
Vacation Spas

(continued from page 218)

Meals in the intimate dining room are based on a well-earned 1,400 calories a day, with calories from fat kept to around 10 percent. More practical than posh, the log villa's small bedrooms are shared by two guests. You can banish your roommate for an extra $800. **Price:** One week, $2,400; one day, $300 for one, $500 for two. **Address:** 16350 Skyline Blvd., Woodland. **Phone:** 800-851-2222.



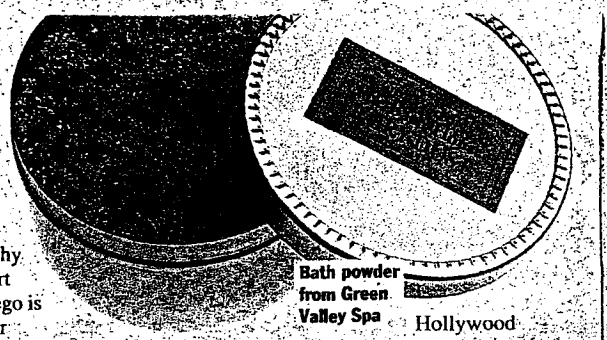
Relaxation and lunch at Golden Door

The Ashram

The Ashram has perfected the spa-as-boot-camp concept with a simple, draconian formula: Eat less (600 to 800 calories a day) and exercise more. (Miles hiked totaled 90 for the week. Add that to the laundry list of compulsory dawn-to-dusk activities and this place is a serious challenge.) Daily massages and yoga make the grueling hikes possible. Twelve guests are billeted in a split-level bungalow, which has views of the surrounding mountains, and the inmates soon bond (it feels like the army). Patton, it seems, is running the kitchen: Breakfast is fresh-squeezed OJ and a potassium pill. Other staples are Caesar salad sans dressing and baked potatoes with salsa. Fat calories are kept at a hungry sub-10 percent. But if Jane Fonda, Shirley MacLaine, and Oprah Winfrey can do it (and they have), then we can, too. **Price:** One week, $2,200. **Address:** Box 8009, Calabasas 91372. **Phone:** 818-222-6900.

Cal-a-Vie

Chef Rosie Daley used to run the kitchen at Cal-a-Vie; and judging by all the food that's around (should we say Cal-o-Rie?), it's a wonder she was able to get her present boss, Oprah, to lose all that weight. But the constant noshes, which include everything from kiwis to lasagna, are fat- and calorie-regulated, and the guests definitely earn them and burn them. This ranchy Southern California resort 40 miles north of San Diego is more laid-back than other spas; the clientele somehow less "done." Activities are slated so that pain precedes pleasure. The first five hours of each day are crammed with workouts. The payoff: afternoons spent basking in beauty treatments, including seaweed wraps and hydrotherapy treatments. The well-tended guests don't lose much weight, but a week of not feeling deprived does wonders for energy and spirit. **Price:** One week, from $4,250. **Address:** 2249 Somerset Rd., Vista. **Phone:** 619-945-2055.



Bath powder from Green Valley Spa

Mexico

Rancho La Puerta

This is the spa you would recommend to your spa-phobic friends: the ones who, when they think of spas, picture ladies lolling around in caftans, terry cloth turbans, and major jewelry. Rancho La Puerta in Baja California, not far from San Diego, is for real, regular people (including men) who like to exercise, eat well, get some fresh air and a few massages, and lose several pounds without a lot of froufrou. Not that the Rancho is spartan. The rooms are cheerfully festooned with Mexican knickknacks and often equipped with a fireplace, the vegetarian meals are surprisingly hearty, and the massages are relaxing if not terribly imaginative. Guests often include journalists, novelists, and the occasional Hollywood celebrity—and there's not a caftan wearer in the bunch. **Price:** One week, from $1,750. **Address:** Box 463057, Escondido, California 92046. **Phone:** 800-443-7565.

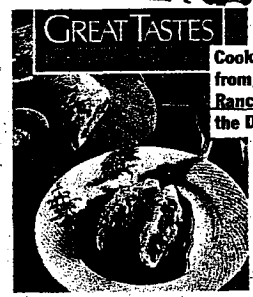
Worldwide

Global Fitness Adventures

One way to avoid the spa doldrums is to make sure the destination fascinates. Global Fitness organizes spa vacations all over the world, including Bali, Aspen, and Africa. The programs are designed for the rugged who enjoy a physical challenge. Vigorous hikes—5 to 18 miles a day—are the main attraction, and the idea is to push people beyond their 30-minutes-on-the-StairMaster mentality. It works. Accommodations range from posh resorts to primitive dude ranches, but they're always comfortable, and the 8 to 12 people on the trip quickly become intimate (group hugs have been known to occur). The food can be tough going and the details a bit unorganized, but it's all part of the adventure spirit. For six or more people, custom trips are also available to the Caribbean, Mexico, and France. **Price:** One week in Sedona, Arizona, Aspen, or Santa Barbara, $1,975; two weeks in Bali or Africa, $3,475 to $4,850. **Address:** Box 1390, Aspen, Colorado 81612. **Phone:** 800-488-TRIP.

High Lites

Burgers and pizza (at Golden Door), fudge brownies (a mere 145 calories at Canyon Ranch, Tucson), sweet potato waffles (at Canyon Ranch in the Berkshires)—the list of the most popular dishes at spas reads like a diner menu, hold the fat. Golden Door burgers, for instance, are turkey, and the pizza is vegetarian. Canyon Ranch brownies (five grams of fat) are made with egg whites and carob powder.



Cookbooks from Canyon Ranch and the Doral spa

Reported by Allure *staff, Terry Trucco, Catherine Barnett, and Patti Vine.*

FROM TOP: TERRY DOYLE; TERRY DOYLE; STILL LIFE: DAVID COOK

CR001814

YOUR GUIDE TO HEALTHY LIVING
Men's Fitness
SEPTEMBER 1995

Travel

Ranch blessing

We try our hand (and other body parts) at living life the Canyon Ranch way

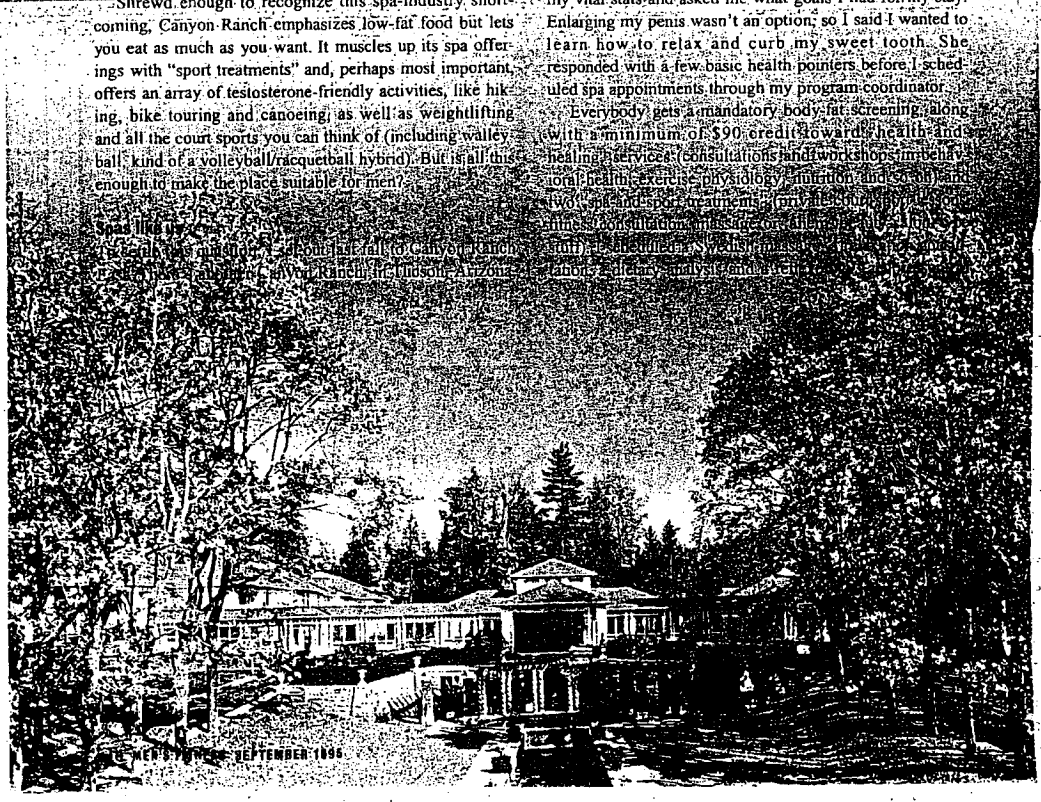
BY MATTHEW SEGAL

Guys don't like spas. I'm a guy. Therefore, I don't like spas. This syllogism played in my head as the van shuttled me through the Massachusetts Berkshires to Canyon Ranch. Might the rugged name of this spa be an attempt to make people like me—men—feel welcome?

Spas traditionally emphasize healthful eating, flexibility and stretching, and relaxation, all of which both genders enjoy. However, the way spas package these things, tacking on "makeover" and "rejuvenate" to their activity descriptions, it all winds up being a little too precious and self-conscious for most men, especially when most of these places are just hyped up fat farms.

Shrewd enough to recognize this spa-industry shortcoming, Canyon Ranch emphasizes low-fat food but lets you eat as much as you want. It muscles up its spa offerings with "sport treatments" and, perhaps most important, offers an array of testosterone-friendly activities, like hiking, bike touring and canoeing, as well as weightlifting and all the court sports you can think of (including walleyball, kind of a volleyball/racquetball hybrid). But is all this enough to make the place suitable for men?

Spas like Canyon Ranch, in the Berkshires, about last fall, Canyon Ranch, in Tucson, Arizona,



but for me, no expanse of desert rocks and dirt can parallel the gentle beauty of New England, with its low-lying hills, genuine clapboard homes and dizzying autumn colors. Among all this sits the 19th-century French chateau that serves as the Ranch centerpiece, with the 100,000-square-foot spa and fitness center and the 120-room inn connected to it via enclosed walkways (protection in bad weather). At first glance, it's hard not to like the place, but easy to feel a bit like you're at an expensive summer camp for adults—i.e., a spa, so I had my doubts.

"The nurse will see you in a moment," the receptionist told me—not exactly what I expected to hear on the first morning of this getaway. In the small exam room, she took my vital stats and asked me what goals I had for my stay. Enlarging my penis wasn't an option, so I said I wanted to learn how to relax and curb my sweet tooth. She responded with a few basic health pointers before I scheduled spa appointments through my program coordinator.

Everybody gets a mandatory body-fat screening, along with a minimum of $90 credit toward health and healing services (consultations and workshops in behavioral health, exercise physiology, nutrition and so on) and two spa and sport treatments (private yoga or fitness consultation in addition to [illegible] stuff). I scheduled a [illegible] and a [illegible] consultation, a dietary analysis and a [illegible]

CR001815

the foot) session. But first, I borrowed a mountain bike from the rec people and headed off through Lenox and its 19th-century small-town appeal to the singletrack trails tightly knitted through the dense woods of Kennedy Park.

TUDE RANCH: Nothing says attitude adjustment like a cruise through Canyon Ranch's bucolic splendor.

The Ranch muscles up its spa offerings with "sport treatments" and an array of testosterone-friendly activities.

Outdoor education

Later in the afternoon, a van carted me, about eight women and two other men to Goose Pond. I'd signed up for the canoeing excursion, choosing from it, basketball, tennis (indoor or outdoor), racquetball and squash, as well as guided hiking and biking (beginning, intermediate and low-advanced). The full day's worth of aerobics, stretching, dance, yoga and weightlifting classes required no reservations.

"Oh, this isn't so hard," my canoe partner, Laurie, said as we paddled past the vacation homes dotting the pond shore. We sliced through the water like a dying fish, arcing to the left, then to the right. Once or twice, we rammed Brian, one of the guides, who, taking up the rear, came to check on our progress. All the while, no doubt, we silently suspected each other of causing our jagged passage through the water. I didn't have time for the more challenging canoe trip, which required a several-mile hike down to a secluded water area: My body-composition appointment (11 percent fat, since you asked) conflicted with the excursion. Hiking and biking would have to suffice for the rest of my stay, I consoled myself.

Back on land, I helped myself to some fresh orange juice. The self-serve juice bar looks in on the cardio machines and Keiser equipment (which uses air pressure instead of iron) and small free-weights section of the glass-enclosed gym. Peering into the room, I wondered why so many people were using the treadmills rather than crunching along the leaf-covered paths outside, especially with all the great hikes Canyon Ranch offers.

Tours at the Ranch appeal to a range of fitness levels, from a 6½-hour two-mountain trek to a girly-man tour around the grounds. My schedule dictated the quick 4.3 miles along the Appalachian Trail, which stretches from Maine to Georgia. Helpful Ranch hands distributed fanny packs filled with water bottles and fat-free cookies. A short drive later, we were filing through the woods like a line of ants, and I was already looking forward to dinner.

More food, less fat

All Ranch dishes sound good, not "lo-cal" per se, and feature detailed nutritional analyses. My chicken fajitas, sweet potato bisque and summer berry pie lunch that day contained just 625 calories and 15 grams of fat. That night, rather than have a quick meal and catch a psychologist's lecture on "rediscovering spirit in our lives" in the library, I feasted on the purée of carrot and red bell pepper soup (85 calories, two grams fat), chicken breast with Dijon mustard and maple syrup (335 calories, five grams fat) and sautéed prawns with Polynesian fruit sauce (295 calories, four grams fat). It all tasted good, though not necessarily familiar—a result of creative use of natural alternatives to added fat.

However, Ranch servings aren't filling, not for a man who's been active all day. Not till the second night did I notice that just about everybody in the room—the heavy-set older couples, the late-thirties businesswomen, the twentysomething newlyweds, as well as Diemha, my very petite fiancée, and I—double ordered, which means that many people for whom one serving wasn't enough ate too much food to compensate. For instance, I ate the Pasta Putonesca (495 calories, four grams fat), the Shrimp and Okra Gumbo (90 calories, one gram fat), the Mahi Mahi with a Sweet-Pepper Vinaigrette (255 calories, four grams fat), as well as a surprisingly tasty sliver of cheesecake (150 calories, four grams fat). That's 990 calories with 13 grams of fat—an amazingly low-fat but calorie-dense meal for many of the more overweight, middle-aged guests.

"Yeah, that's one of the things we hear from guests," the dietitian said during my private nutrition consultation. But, she explained, people like to eat everything on their plate—usually more food than necessary—so by having less on their plate, they get what they need and no more. If only it

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worked as they intended.

Nevertheless, Ranch food seems to burn off quickly. "I can't believe I'm hungry again," Diemha kept saying throughout the trip. She was being physically active for the first time in months, which could explain her appetite, but it didn't explain why mine remained so persistent. Along our hike of the Appalachian Trail, Betty, a fireplug of a woman from Portland, Maine, said the same thing about chronic food craving and blamed the high-fiber Ranch diet. "I'm just glad they don't have methane detectors in the rooms," she said. The group chuckled in agreement.

More time, less activities

I found myself chuckling silently on the group ride: Here I was, having a great time with a group of older women who'd barely mastered pedaling. Sure, I'd exerted myself more drinking water, but how could I complain, cruising rustic roads past tiny farmhouses, grand old mansions, clapboard cottages and age-old woods? I would have chosen the "advanced" 2½-hour ride, if it didn't cut into my massage time.

Truth is, I was itinerarily challenged throughout my three-day stay. Not only did I have to miss all those great activities—some of the more challenging ones offered there—but I also missed a low-fat–cooking class that I, a devout low-fat eater and lousy cook, could have used. Three days weren't quite enough, and that's kinda what the Canyon Ranch wants: to offer you quality, enthusiastic health-and-fitness service so you learn to associate that lifestyle with pleasure, not pain. For guys like me who are already on that path, there's still room to learn more about themselves, and more than enough stuff to help them loosen up.

In fact, I just barely squeezed in my reflexology appointment the morning I was supposed to leave. It almost cost me my flight home. But rather than sweat it as my fiancée raced through the speed-trap–ridden countryside to the Albany airport, I used the trick taught in my relaxation clinic: I pictured my favorite landscape (pretty much the scenery we were driving through), then recalled how warm and relaxed I felt being worked over by a Ranch masseuse and reflexologist. Not that I go for that stuff, being a guy and all. I mean, I had to do *something* sitting there in the passenger seat. □

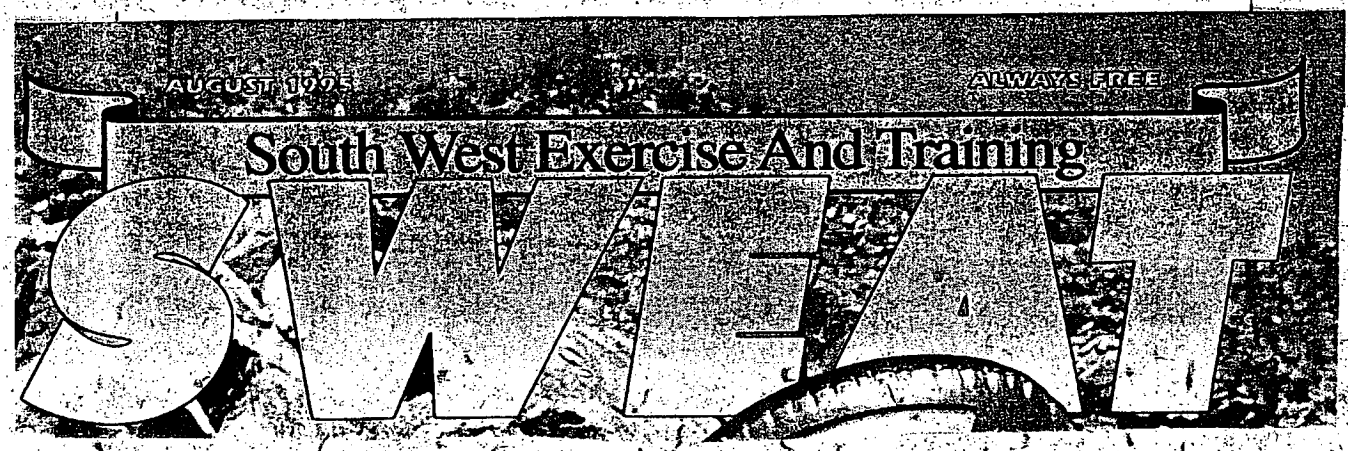
Matthew Segal is senior editor of *Men's Fitness*.

FOR YOUR INFORMATION

Packages start at three nights for $1,150 per person (double occupancy), which covers all food, gratuities, and guided gym and outdoor activities, two spa-and-sport services and a health-and-healing service.

The airports in Hartford, Connecticut, and Albany, New York, serve the area, with free pick-up and drop-off provided by the Ranch.

For more information on Canyon Ranch East and Tucson Ranch, call 800-726-9900.



ZONIE SPA BARGAIN

Yet another season to be grateful to be a Zonie. World famous Canyon Ranch in Tucson is offering Arizona residents a 25 percent discount on four-nights or longer spa vacation packages taken through Oct. 25. This is in addition to the 30 percent summer savings the desert resort offers through Sept. 21. That's more than half off regular rates. In addition to the typical ranch offerings of renown healthy cuisine, an ultra-modern spa, pampering body treatments, fitness classes, weight management consultations, hiking, biking, tennis, racquetball, jogging and swimming, Canyon Ranch features special programs throughout the year. Spiritual Pathways, designed to guide participants on a journey to inner peace, is set for Sept. 17 to 24. Call 800-726-9900 for details or reservations.

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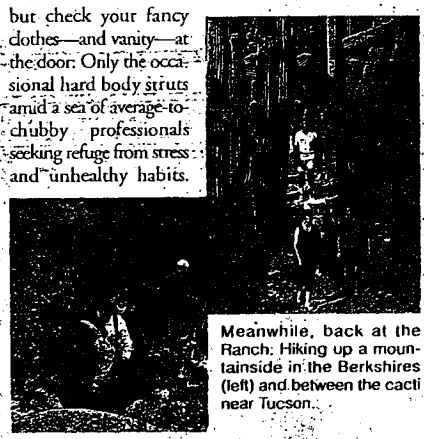
APRIL 1996

fitness

spa review:
canyon ranch, east & west

Canyon Ranch Health & Fitness Resort—which this year turns an unbelievable sixteen years old—practically invented the modern American spa, and keeps reinventing it. While there are actually two Canyon Ranch spas—one a cluster of adobe casitas near Tucson, Arizona; the other high in the Berkshire mountains on the grounds of a spectacular old Lenox, Massachusetts, mansion—both reflect the same attitudes and philosophies about what constitutes health and well-being. Julia Roberts, Cindy Crawford, and Donna Karan have all come here, but check your fancy clothes—and vanity—at the door. Only the occasional hard body struts amid a sea of average-to-chubby professionals seeking refuge from stress and unhealthy habits.



Meanwhile, back at the Ranch: Hiking up a mountainside in the Berkshires (left) and between the cacti near Tucson.

The trance-inducing massages, delicious yet healthy food, and gorgeous settings make for an incredible vacation, but the emphasis is on information and ideas that translate to everyday life. In this atmosphere, where fitness supersedes weight loss and wellness is paramount, the drudgery of exercise morphs into a surge of endorphins, a rush of energy, a flood of self-esteem.

Spa treatments: An extensive range of massages, body wraps, and beauty treatments rub out the kinks and restore the spirit. Services range from the therapeutic (Swedish, cranial-sacral, and reflexology massages) to the more decadent (hydromassages and organic mud treatments). The beauty salon handles the toughest clients in the business, highlighting roots, trimming split ends, and manicuring even the country's most famous nails—Barbra Streisand's.

The food: The eclectic, low-fat, low-calorie menu ranges from Santa Fe chicken and salmon teriyaki to vegetarian chili. There's also a salad and pasta bar. Portion sizes are reasonable, with plenty of choices. Guests decide how much to eat—and whether they'd like caffeine and salt, an option many spas don't offer.

Fitness program: Days are more invigorating and restorative than hectic—Canyon Ranch reminds you that fitness is a reward, not a punishment. At both locations, the hiking is amazing. Tennis, mountain biking, and swimming are also incredible; during the winter in the Berkshires, cross-country skiing and snowshoeing are wonderful. Indoor exercise includes step classes, boxing, body conditioning, and funk aerobics—led by instructors who can dance with the best of them on MTV.

Medical and spiritual fitness: The spa's dedication to health is as thorough as it gets. Doctors test for everything from high blood pressure to hormonal imbalances, depending on guests' needs. But Western medicine is only part of the wellness regimen: Guests learn stress-management techniques like yoga and meditation; in biofeedback sessions, technicians calculate stress level through body temperature, then teach breathing and visualization techniques to counteract tension.

Rates: Health doesn't come cheap; a week (double occupancy) at Canyon Ranch in Tucson starts at $2,560 in peak season; if you can tolerate blazing heat, a summer visit starts at $2,130 for four nights. A week in the Berkshires begins at $2,920 at peak, $1,900 in off-months. It's particularly popular with weekenders; four-night packages start at $1,890 in season, $1,010 off-peak.—KATHERINE ROSMAN AND JEAN GODFREY-JUNE

TOP LEFT: DEAN ISOPO

spa table

This delicious, hearty risotto is made with barley instead of rice—and it tastes incredible. We literally couldn't stop ordering extra portions of it during our stay at Canyon Ranch in the Berkshires, where it is a perennial favorite.

⅔ c. pearl barley
1½T chopped onions
¼ c. diced carrots
¼ c. diced celery
¼ c. diced leeks (white part only)
½ c. chicken stock
2 skinless, boneless chicken breast halves, about ¾ lb.
6T grated parmesan cheese
½ c. chopped parsley

Cover barley with 3 cups water in medium pan; bring to a boil. Lower heat, cover, and simmer until tender, about 45 minutes. Drain and set aside. Preheat grill or broiler. Sauté vegetables in nonstick frying pan with a low-fat cooking spray until tender, about 10 minutes. Set aside half the vegetables. Add chicken stock to pan; bring to rapid boil. Boil until stock is reduced by half. While stock is reducing, grill or broil chicken 3 to 5 minutes on each side. With a sharp knife, cut chicken into long, thin strands. Stir chicken, vegetables, parmesan, and parsley into barley. Serves 4.

Nutritional information per serving: 308 calories, 35.31 gm. carbohydrate, 6.07 gm. fat, 61.66 mg. cholesterol, 28.6 gm. protein, 329.7 mg. sodium.

CENTRAL MASS. EDITION

The Senior Advocate

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Pamper yourself to good health at Canyon Ranch

By Deborah Taylor

Canyon Ranch guests participate in an exercise program that utilizes physio balls.

LENOX, Mass. —

I just got back from four days in heaven. It's only a few hours from where you are. On Earth, it's known as Canyon Ranch, a health spa in the Berkshires.

If you think health spas are frivolity for the rich and famous, you shared my pre-Canyon Ranch misperceptions.

Who hadn't heard of such places disparagingly referred to as fat farms? I anticipated they deprived you of food at the same time made you feel guilty for liking it, making up for the deprivation with many expensive, unnecessary services. Having similar perceptions, my companion had packed a box full of goodies — a six-pack of Coke, raisin cookies, a jar of peanuts and crackers. It might be fun to see "how the other half lives" (more about that later), but he was not going to starve in the process.

What we experienced was radically different from our preconceived ideas.

The shift in thinking begins

After we checked in mid-afternoon on a blustery Friday, we were given a tour of the facility resting on 120 prime Berkshire acres. The stately Belefontaine Mansion is the centerpiece of the spa, but the complex has several buildings housing the hotel's six gyms, indoor pool, locker rooms and personal service areas. The lovely dining room, original library for the estate (the rest of the original mansion was destroyed in a fire) and the health and healing offices are in the updated mansion, which is connected to the other buildings by a glassed-in walkway. It's a good one-eighth of a mile to dinner from the hotel via this route.

After the tour, we met with a program coordinator who scheduled our spa and sports and health and healing services (this can be done also by calling ahead) that were part of our package. She also suggested other classes and activities based on the goals for our stay. Hotel manager Carl Pratt recommends seniors be accustomed to walking two miles three days a week to safely participate in fitness classes.

With our package, we had two options from "spa and sports," as well as two health and healing services. Within these broader categories are choices in medical and behavioral health programs, exercise physiology, movement therapy, nutrition and food management, spiritual awareness, physical fitness, outdoor sports, massage and body therapies, as well as skin care and beauty treatments.

The array of programs from the physical to spiritual should be a clue this is serious business. All the health and healing staff — physiologists, movement therapists, psychologists, behavioral therapists, nutritionists, etc., — have master's

Turn to CANYON RANCH, page 10

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Canyon Ranch heals body, mind & soul

Cont'd from page One

degrees and some have doctorates.

Four days is not enough time to sample everything and, in fact, Pratt said for this reason, the shortest first-time stay that's allowed is four days. Otherwise, he said, guests leave frustrated and without a clear idea of what Canyon Ranch is all about. Return guests can come for only two days.

"Our very intention is to have infinite possibilities," Pratt said.

Pratt was right. The hardest thing we had to do during our stay was to decide which of the activities to sample.

I signed up for shiatsu (acupuncture without needles) which was such a relief for sore muscles, a senior exercise consult and an herbal wrap, all part of the package. In addition, I took complimentary classes in dance aerobics, low-impact aerobics; women's stretch, yoga, breathing and meditation. My companion chose two sessions with a masseuse, a mind-body dialogue and relaxation training.

We were busy. Each day we rose early to allow time for the sumptuous breakfasts before the first fitness classes at 9 a.m. Each hour guests can choose from about six classes, for beginner through advanced levels. All the fitness classes are also labeled for what they work on — flexibility, strength or cardiovascular endurance.

Beyond these, the spa offers a pool (with its own classes), a well-equipped weight room, a locker room with saunas, steam rooms and hot tubs, as well as an array of personal services women could die for — herbal wraps, seaweed treatments, back and face facials, hair treatments and makeovers.

Why do they come?

At lunch I met about 10 women, half of whom were Canyon Ranch regulars. (When we were there, the ratio of women to men was about 20 to 1, although this varies.) One New York senior said she was at the Ranch to recover from a broken pelvis. Within a few days of her arrival, she could walk without her cane. Another Connecticut senior said she was there to relax and get back into shape. She had stopped going to other spas after her first visit here. A man in the guided imagery class was there as part of his long recovery from cancer.

What makes this such a healing place?

A clue lies in the many aphorisms painted into the mural lining the long corridor connecting buildings: "Everything you need for a happy life is within yourself"; "A fat kitchen, a lean will"; "Change your thoughts and you change your world."

Unlike some spas, Canyon Ranch works with the whole person — from how you look, to feel, to think. Pratt said, "The biggest difference between Canyon Ranch and other spas is the health and healing component." Beyond that, Canyon Ranch has a depth and variety other spas lack, Pratt added.

My meal companions confirmed that.

Pratt said another difference is the staff will cross-refer guests, meaning one staff member will teach you how to eat better, while another counsels you on how to control your eating, still another helps you utilize your food energy efficiently through proper exercise programs designed for you.

Your own exercise plan

Shortly after my arrival at Canyon Ranch, I had a physiology consult with Bryan Pasternak, a great introduction to my stay at the spa. Pasternak and other physiologists will create a senior exercise plan based on types of exercise you enjoy, what you're willing to put into it and what medical or orthopedic limitations you have. No guilt, no criticism; just helpful advice and encouragement.

Guests enjoy an aqua aerobics class.

Reporter Deborah Taylor and guide Jon Weiner (l) on a two-hour pole hike to a nearby Audubon sanctuary.

Pasternak insisted that with regular training, muscle strength can increase up to age 60, cardiovascular decline can be cut to 1/2 percent per year and the range of motion can be preserved. "We exercise to improve the quality of life," he said.

He gave me a set of eight exercises which he demonstrated, then had me do. He suggested a few modifications, some inexpensive weights and sent me on my way with an invitation to call him with any questions.

You are what you eat

The biggest surprise for both of us was the gourmet food, a feast for the eyes, the nose and the palate. The menu rotates on an eight-day cycle, offering a salad bar (or breakfast bar) at each meal, along with menu selections.

The menu itself is unusual because it lists numbers for calories and fat grams, not prices. I overheard one guest say he gains weight every time he comes to Canyon Ranch. It would be easy to do with such choices as vegetarian pizza, roasted turkey breast with garlic potatoes and gravy, spinach and cheese ravioli, Asian scallop stir-fry, and salmon with sorrel sauce. There is no limit to what you can order; the calories and fat grams are there to guide you.

But you know you're eating healthy and at the same time feasting like a king. The meals are designed to be rich in vitamins, minerals and fiber, low in fat, moderate in protein and high in carbohydrates.

Lunch and Learn is an alternative to lunch in the dining room. The sessions, held in a demo kitchen, help you take the meals home. A chef instructs you in the preparation of a few dishes, hands out recipes and answers questions. (Of course, you get to eat also.) A nutritionist answers questions from a dietary standpoint.

Life on the outside

Despite the season, you're not restricted to indoor activities. Winter sports enthusiasts can downhill or cross-country ski, snowshoe, hike with ski poles and walk. Every morning at 7, a walk is offered. My companion and I went on a two-hour pole hike to a nearby Audubon sanctuary filled with beaver ponds. Longer and shorter hikes are available most days for all fitness levels.

Summer sports include canoeing and kayaking, sculling, hiking, walking and biking.

Some outdoor sports are complimentary, some aren't.

If you treat yourself to Canyon Ranch, you'll meet a dedicated, enthusiastic staff whose ratio to guests is almost three to one.

I'm sure the staff at Canyon Ranch is one reason the return rate is 50 percent. I'm surprised it isn't higher.

Do you get your money's worth at Canyon Ranch? No question. If you're open to it, you can completely change your lifestyle, from what you eat to how you think about yourself. At the very least, you return home with a view to possible changes you can make for better health.

The reasons to come to a health spa are many: for relaxation, a weight loss program or quit smoking program, destressing, a medical problem, getting a jump-start on eating healthy or exercising or to get pointed in the right direction for addressing some emotional issue. Of course, what happens after Canyon Ranch is up to you, but every effort is made to help you get on track.

Personally, I have only one regret about my short stay in heaven — I didn't get to see Paul Newman, who occasionally comes to the Ranch. Maybe he'll surprise me on my next visit.

Rates for Canyon Ranch are about $1,300 to $1,800 for a five-night package.

Off-season rates are slightly cheaper and special programs are held periodically. There are also savings for groups, ski free packages and bringing a friend.

To get to Canyon Ranch in the Berkshires, take the Mass. Pike to exit 2 in Lee. Follow Route 20 west to Lenox. Turn left on Business Route 183 south. A sign for Canyon Ranch on the right will lead you into the town where you turn left at the junction of Route 7A, Kemble Street. The Ranch is one-half mile on the left.

Canyon Ranch in Lenox Mass.

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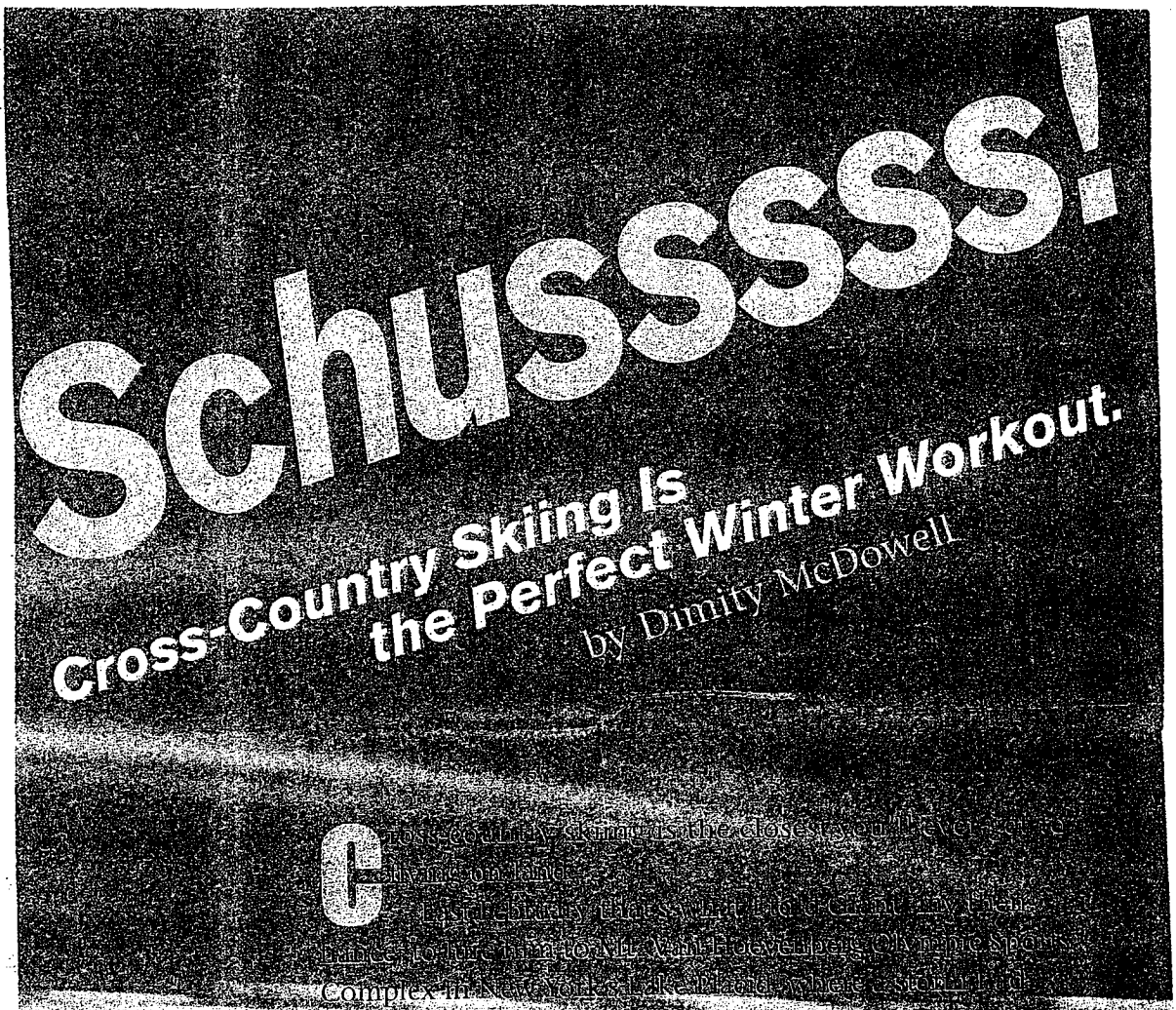


Schusssss!

Cross-Country Skiing Is the Perfect Winter Workout.

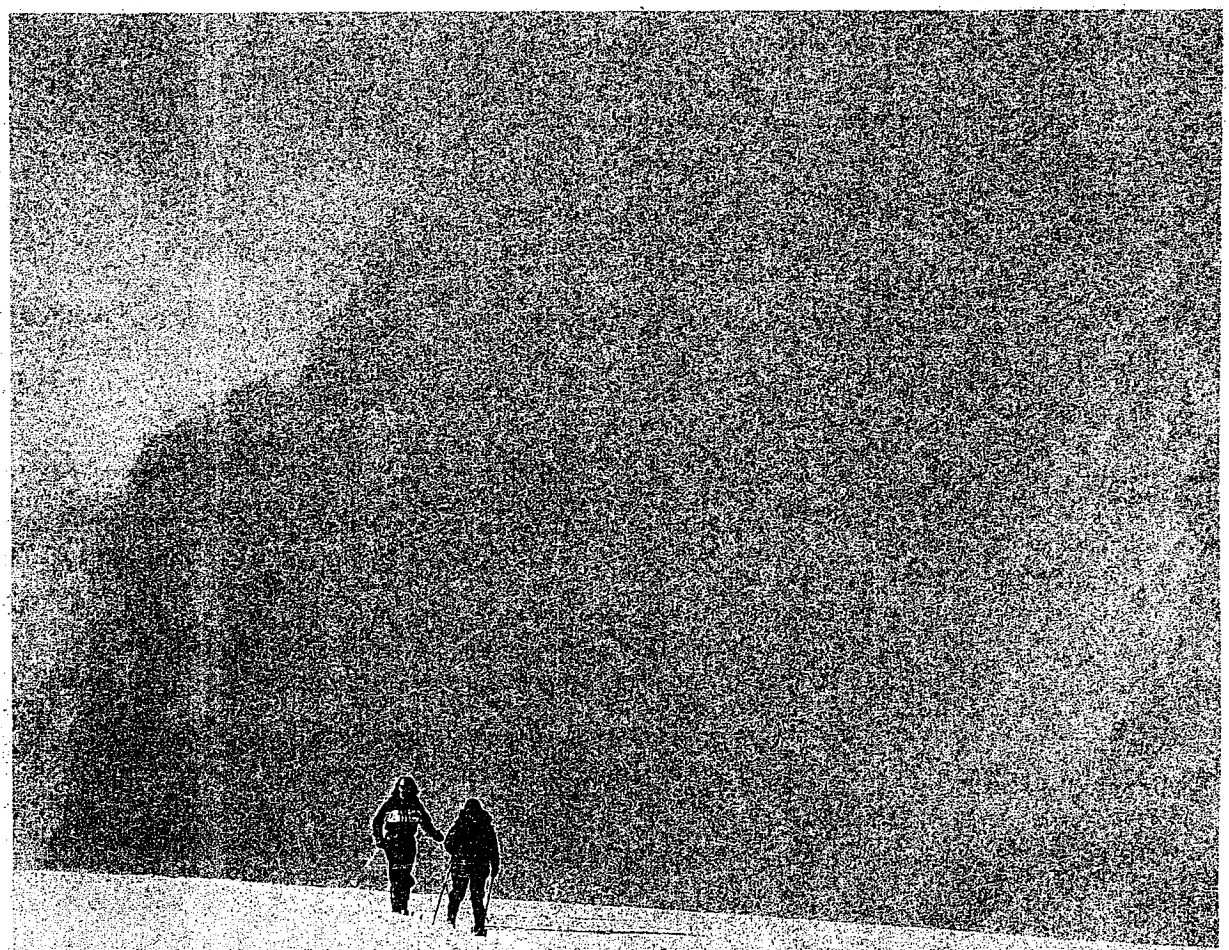
by Dimity McDowell

Cross-country skiing is the closest you'll ever get to flying on land.

Last February that's what I told Grant. My then-fiance, to lure him to Mt. Van Hoevenberg Olympic Sports Complex in New York's Lake Placid, where a storm had just dumped 14 inches of fresh powder.

A California native, Grant likes his weather warm and his sports familiar, so lugging him cross-country skiing was definitely a risky move on my part.

The sport falls into the appearances-are-deceiving category: From afar, a cross-country skier's motions seem effortless as she glides across an open white field. Close up, you realize that the sport requires coordination and balance — and is far from effortless. Well, Grant is my husband now, so the outing couldn't have been *that* bad.



Ted Wood/Stone

Get a great aerobic workout in a

A MINNESOTA NATIVE, I REGULARLY PUT cross-country skis at the top of my Christmas list throughout my youth, usually because I had outgrown my old pair. I fancied myself a modern day Laura Ingalls Wilder schussing across the prairie. More than anything, I loved the solitude: It was just me and some small critters out in the powder-filled meadows and woods (and, when my navigational skills went awry, sometimes into the streets).

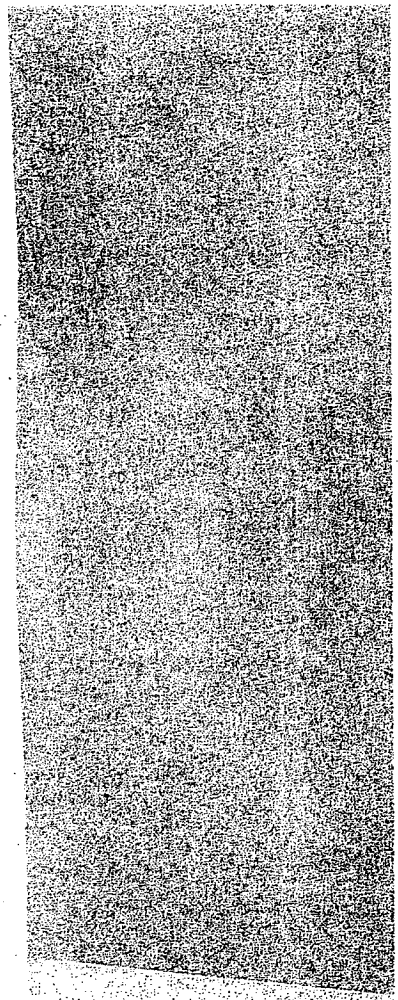
Minutes after setting out, I would be lulled into a trance by the gliding rhythm of lifting my heels and having my skis ride out beneath me over the crusty snow — their sounds the only noises I heard for hours.

I was hoping to replicate that experience with Grant on a clear day, one with the kind of air that makes you feel like you're cleaning out your lungs every time you inhale. Only a few clouds littered the sky, and the sun was doing its very best to shed warmth on the blindingly white landscape.

But we didn't really need any help from Mother Nature; we were generating plenty of our own heat. Within 20 minutes we'd removed our gloves and tied our jackets around our waists – and we'd barely gone the length of a football field. Grant was still trying to master the basics.

He started off slowly: walking more than skiing, hesitant to give himself over to the one-footed glide that lets you travel much farther on skis than you can on foot. Wobbling on his pencil-thin skis, not sure of his balance or confident of what to do with his poles, he'd crash to one side, then the other, and occasionally to the ground.

Not surprisingly, he remembers the experience differently: "I was surprised at how easy it was to get the rhythm of the basic form down," he recalls. "In ten minutes, I felt really comfortable."



Cross-country skiing lets you set your own pace, from a vigorous stroll (left) to a heart-pumping jaunt (below).

winter wonderland.

Hindsight might have blurred his memory, but soon enough, with a little gentle instruction from yours truly, he did develop a rhythm and covered ground quickly. Not long after, he took his attention away from his body and started noticing the beauty of a forest in winter: its silence, the deer and fox tracks in the fresh powder.

"For the first time, I didn't feel like I was battling Old Man Winter, like I would if I were running errands, or downhill skiing, where you freeze on the chairlift," he says. "Cross-country skiing made me appreciate nature's spectacular show."

IN AN AGE IN WHICH SKI RESORTS ARE packed with Walkman-wearing snowboarders bombing down the mountain and gyms are at capacity with treadmillers running nowhere, the appeal of cross-country skiing is easy to understand: It provides a great workout and an escape.

Everything about it is simple: The requisite gear (boots, skis, and poles) is relatively inexpensive, or, if you're a beginner, easily rentable at most outdoor shops and Nordic centers.

The action of traditional cross-country skiing is similar to walking, albeit with a greatly exaggerated stride (skate skiing, a newer form of cross-country skiing, involves pushing off from a "V" position, so the motion looks more like skating).

While mastering the fluid motion — extending your left arm with your right leg, and vice versa — takes coordination, patience, and balance, the process is like riding a bike: Once you've got it, you've got it for good.

As the ultimate winter activity, cross-country skiing may be as close to perfection as you can get.

"While I don't like to call any activity 'the best,'" says Liz Neporent, who holds a master's degree in exercise physiology and is the author of *Weight Training for Dummies*, "cross-country skiing is one of the most effective forms of exercise."

Name a benefit that can apply to any exercise, and chances are, cross-country skiing provides it: increased aerobic capacity; stronger, toned muscles; better balance and coordination. Best of all, the feats are accomplished in a winter wonderland.

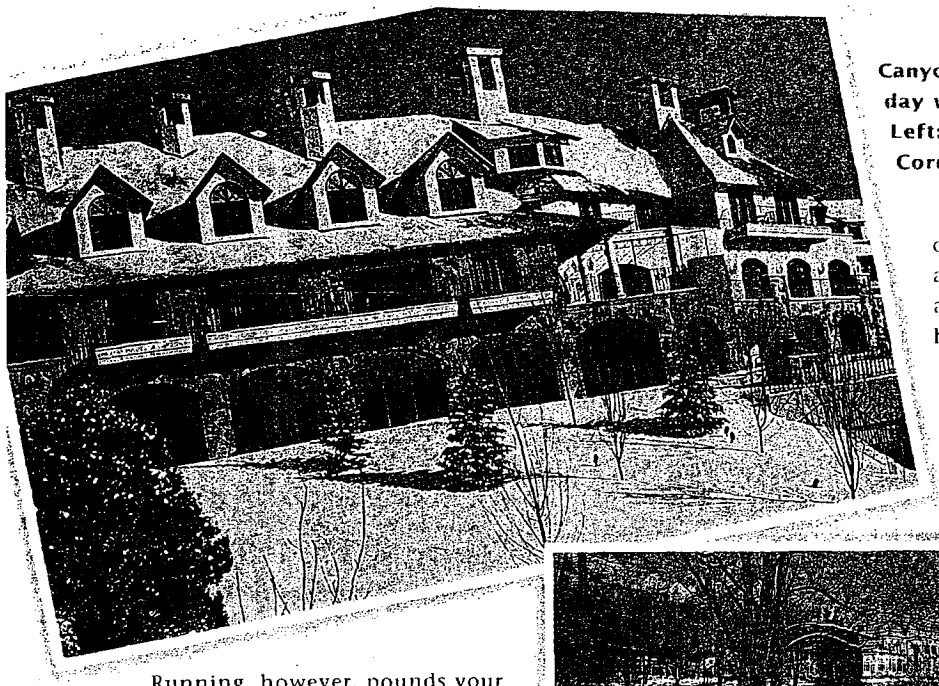
Because your upper and lower body are engaged simultaneously, your heart works hard to supply blood to your entire body.

"Cross-country skiing works your legs, arms, shoulders, chest, entire back, and abs," says Neporent.

Activities that compare with cross-country skiing in aerobic intensity and muscle involvement include rowing, jumping rope, or taking a step class that emphasizes arm movements.

As in most activities, you can control the level at which you sweat (and you *will* sweat), but even a leisurely ski stroll yields significant caloric expenditure.

If a 130-pound woman goes cross-country skiing at a slow pace, she'll burn about 415 calories an hour, which is comparable to an hour-long jog. Increasing to a moderate pace, she'll burn around 470 calories (similar to playing a basketball game), and if she's *really* cruising, she'll work off 530 calories an hour, comparable to running at an 11-minute-mile pace.



Courtesy of the Lodge & Spa at Cordillera

Canyon Ranch guests (below) start the day with a ski trip in the Berkshires. Left: picture-perfect Lodge & Spa at Cordillera in Colorado.

Running, however, pounds your knees with every foot strike and stresses your joints; cross-country skiing is a low-impact activity, which means you're not beating up your body with every stride.

The combination of cross-country skiing's spiritual perspective and physical benefits makes it a perfect activity for spas, and many offer it as a staple in winter. Here are four that make it a priority in their programming.

THE EQUINOX
MANCHESTER VILLAGE, VERMONT

MORE THAN 15 YEARS AGO, BEFORE Susan Wheeler became the spa director at the Equinox, she was an advanced alpine skier who was tired of standing in long lines for a chairlift. So she decided to give the Nordic version of skiing a whirl.

"I just loved it," she remembers. "Not only was it a wonderful workout, I liked the pace. I could slow down, look around, and just observe nature."

Today cross-country skiing is an integral part of the winter activities at the spa. Wheeler estimates that at least half of the clientele hits the trails, located right out the door on the Gleneagles golf course.

Courtesy of Canyon Ranch in the Berkshires

"Most of our guests come from around New York City, Boston, and Pennsylvania, where the gym is their main source of exercise," says Wheeler. "They love the clean air up here."

Located on more than 900 acres, the Equinox sits between the Green and Taconic Mountain Ranges. The landscape and program cater to all levels of skiers: Beginners have a view of the mountains from the flat, mile-long track that circles a pond; intermediate skiers can head out on almost 20 miles of well-marked, groomed trails that cross meadows, weave through forests, and offer a few short, challenging hills; advanced skiers can hire a guide and head out into the backcountry.

Full-day trail pass, $10; half-day pass, $8; full-day rentals, $12.50; private lesson, $25 for one person, $40 for two; backcountry guided ski tours, $80 per person.

The Equinox: (800) 362-4747; www.equinoxresort.com
Canyon Ranch in the Berkshires: (800) 326-7080
The Hills Health Ranch: (250) 791-5225; www.spabc.com
The Lodge & Spa at Cordillera: (800) 877-3529; www.cordillera-vail.com

CANYON RANCH IN THE BERKSHIRES
LENOX, MASSACHUSETTS

ON MOST WINTER MORNINGS AT CANYON Ranch in the Berkshires, you can see an intrepid group of cross-country skiers traversing the trails on the spa's property.

Some may be in the flat, open field, while others may be on a trail that goes through the woods, follows a meandering stream, and crosses bridges.

Later risers will probably partake in one of the other three daily one-hour lessons.

"It's one of our most popular sports in the winter," says Mike Duffy, a senior guide. "People are blown away by the exhilaration. They love to be active outdoors in the winter and still stay warm."

Once guests master the property's trail network, they can venture on to nearby parks, which offer varied terrain, longer trails, and a peek at the Berkshires' wildlife.

"Moose take up residence at the Notch View Reservation," says Duffy. "We have also seen porcupines and deer. You'll always see animal tracks of some kind."

Group lessons, tours, and equipment are complimentary for guests. Private one-hour lesson, $75.

HILLS HEALTH RANCH
108 MILE RANCH, B.C., CANADA

IN 1983, WHEN PAT CORBETT BEGAN planning Canada's first health resort, he wanted to make sure it was in a perfect cross-country ski destination He found it in British Columbia.

"Our mission is to provide a kick-start to an improved lifestyle, and nothing does that better in winter than cross-country skiing," Corbett says.

Skiers can choose from more than 125 miles of groomed trails, which range from what Corbett describes as "phenomenal highways" to intimate paths through forests.

Most guests take advantage of the daily one-and-one-half hour guided ski tour (complete with snack), which doubles as an orientation to the trail system. A series of lakes are on the property, and many people ski to a different lake each day. Small wooden huts with stoves inside and picnic tables outside dot the trails.

Trail pass included with lodging; full-day rental, $14 on the first day, $9 extra day; private lesson, $43 per couple, $34 for one person.

THE LODGE & SPA AT CORDILLERA
EDWARDS, COLORADO

THE LODGE AND SPA AT CORDILLERA (which means chain of mountains in Spanish) is located near Vail and Beaver Creek ski resorts.

Cross-country skiers can expect not only challenging inclines, but flat areas, as well.

"We ski around the rolling hills of the golf course," says spa director Ashley Lewis.

The trails are suitable for all abilities, but the resort's elevation of 8,200 feet may quickly wind even the most experienced skier.

"Most people stay out for two to three hours," says Lewis, "but that may mean covering just one mile, or going strong for the entire time. It really depends on the level and desire of the person."

Slowing down means taking time to check out the abundant wildlife in the Vail Valley. In addition to hawks and eagles, elk and deer regularly roam the fields.

"We are in such a remote part of the valley, everything is out in abundance," Lewis says.

Everything?

"Well, you don't see any bears, but occasionally you'll see a mountain lion," she says.

Rentals: $15 a day. Guided group tour, $45; moonlight tour, $49.

Dimity McDowell, a writer based in Brooklyn, New York, specializes in sports and fitness.

Guide to the Gear

For temperature control, layering is key. No matter how cold it is outside, you'll work up a sweat and will probably want to shed some clothing — and pile it back on as your outing winds down. Here are some suggestions for a cross-country checklist:

* Lightweight, breathable long underwear
* Wool sweater or fleece jacket
* Water-resistant pants
* Wind- and water-resistant jacket
* Wool socks
* Light gloves
* Hat
* Sunglasses
* Sunscreen
* Lip balm
* Water
* Energy bar or dried fruit

Keith Sutter/Photography

Before You Hit the Trails

The best way to prepare your body for the demands of cross-country skiing is to jump on a NordicTrack at the gym.

If you're able to master the motion, spend 20 to 40 minutes, three to four times a week, virtually skiing.

Other good cardio options include a bike or an elliptical trainer with an upper-body attachment.

Those will give you a chance to learn the coordination of the movement. Again, 20 to 40 minutes, three to four times a week, is a good goal.

If you don't have access to those machines (or can't stand them), Liz Neporent recommends attending a step class with lots of arm movement or walking for endurance (at least an hour), and complementing your walk with a weight routine that emphasizes your upper body.

CR002255

Exhibit V

Exhibit V

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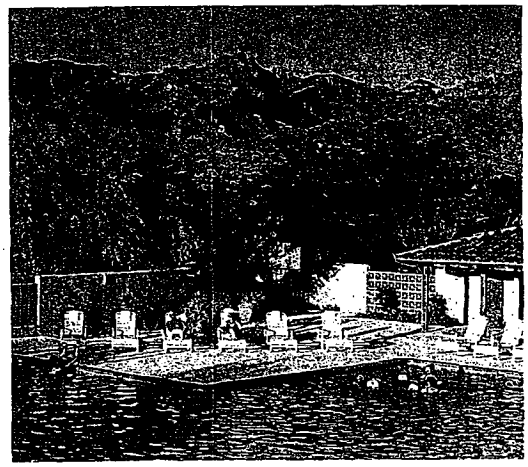

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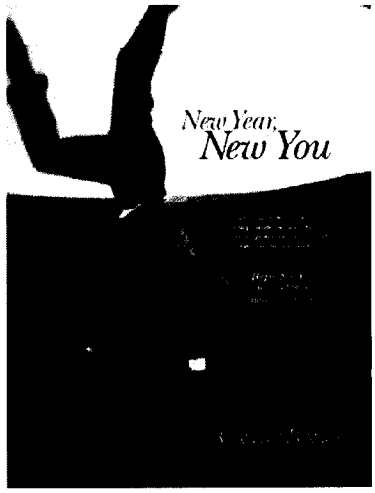

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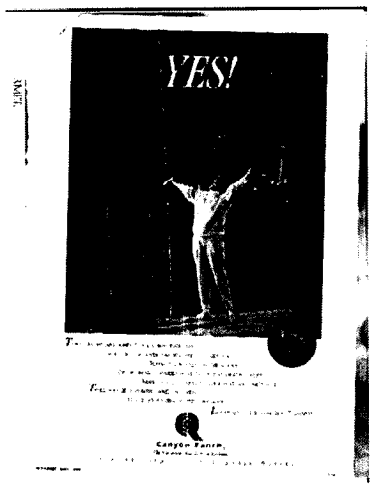

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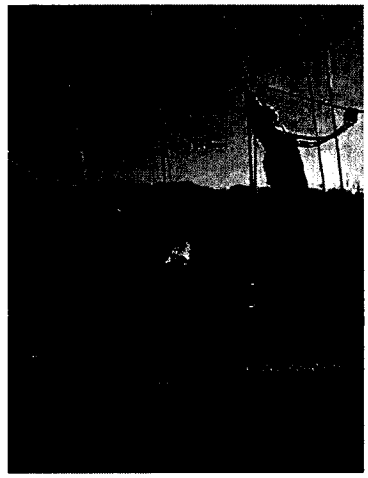

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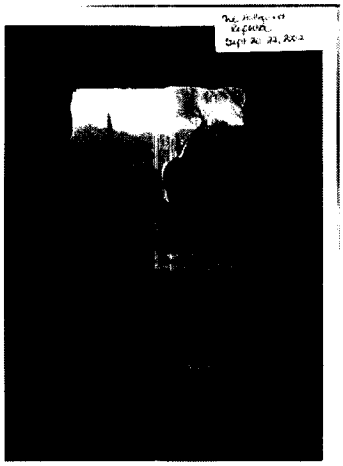

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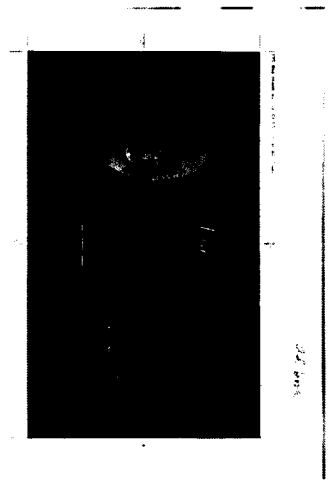

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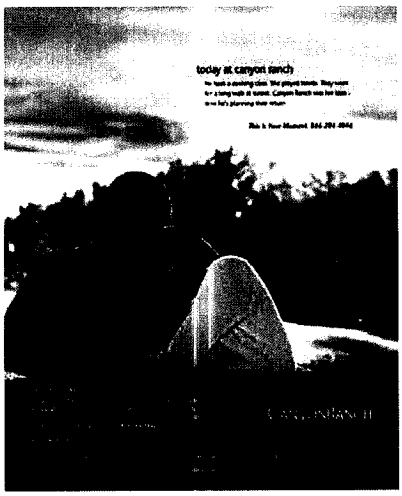

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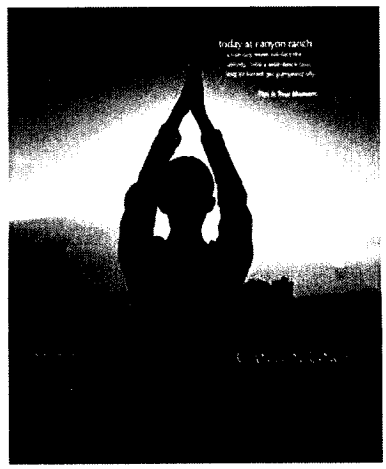

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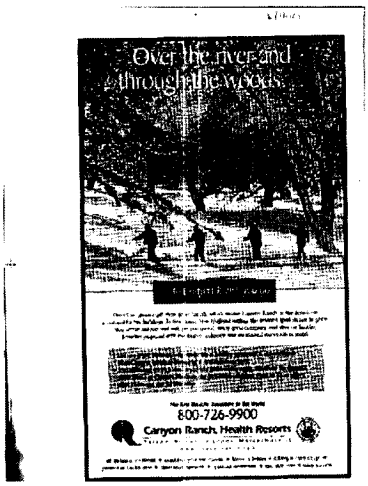

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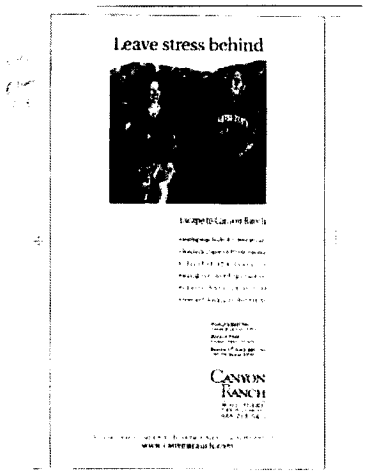

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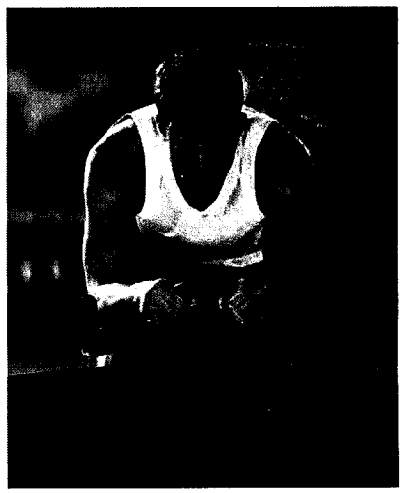

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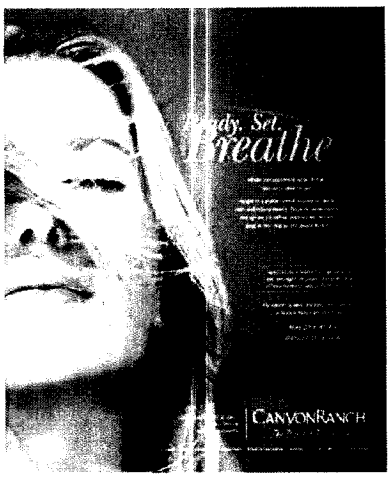

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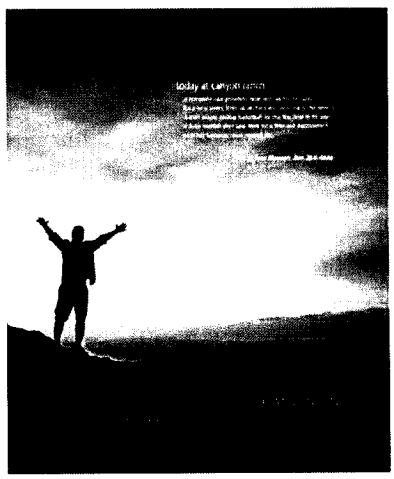

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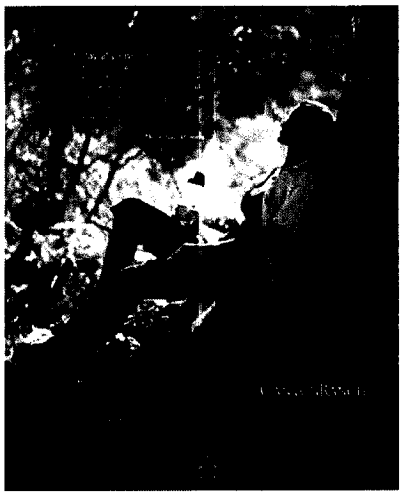

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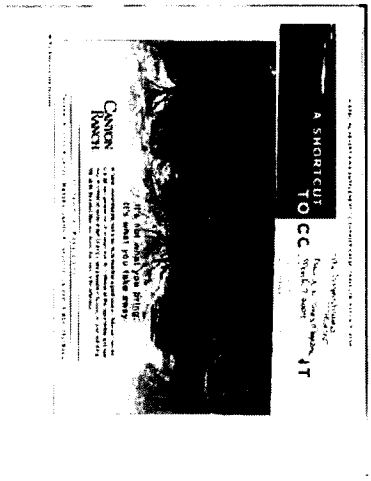

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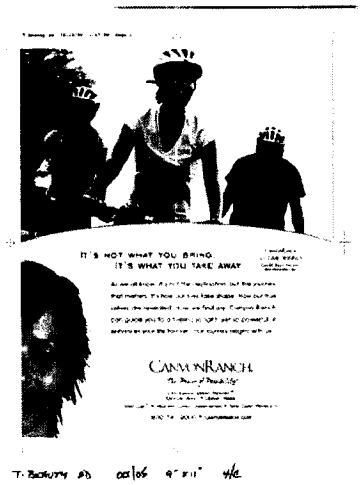

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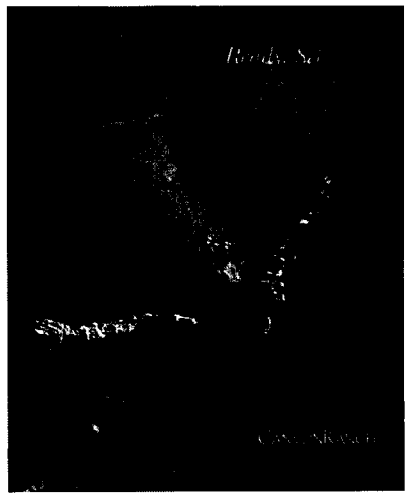

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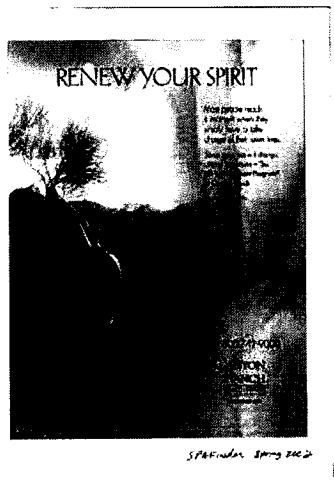

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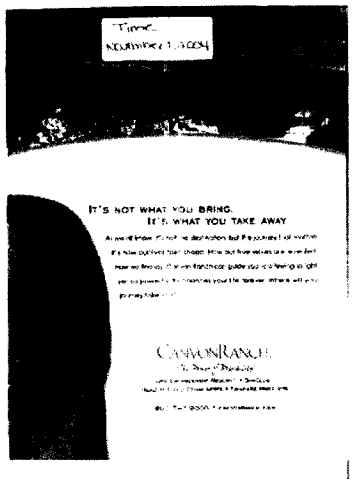

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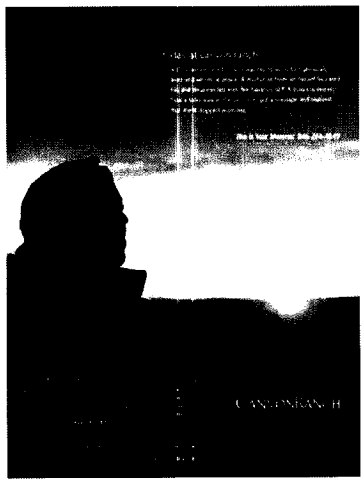

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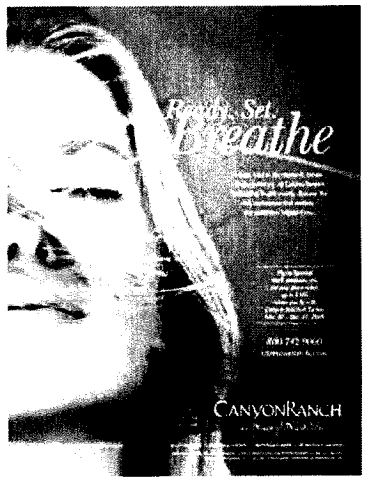

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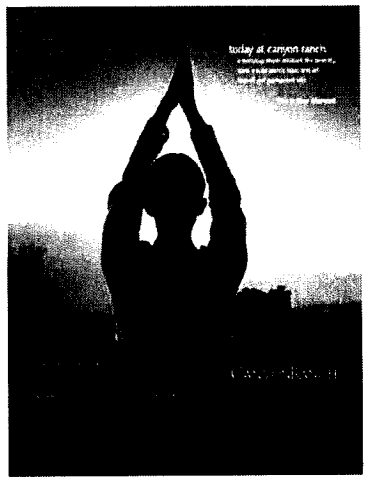

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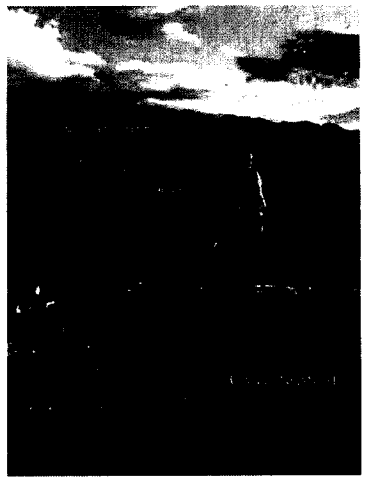

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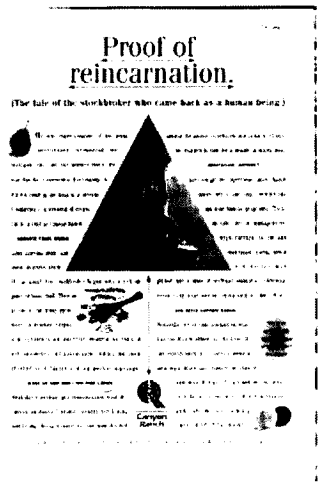

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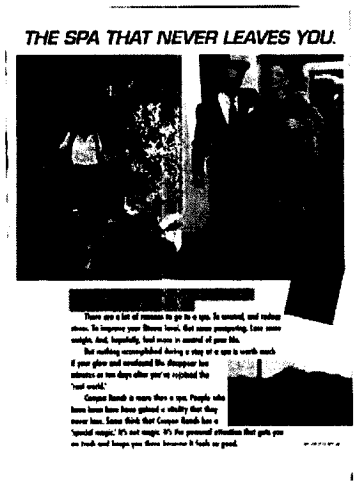

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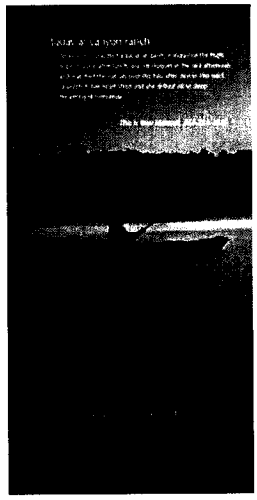

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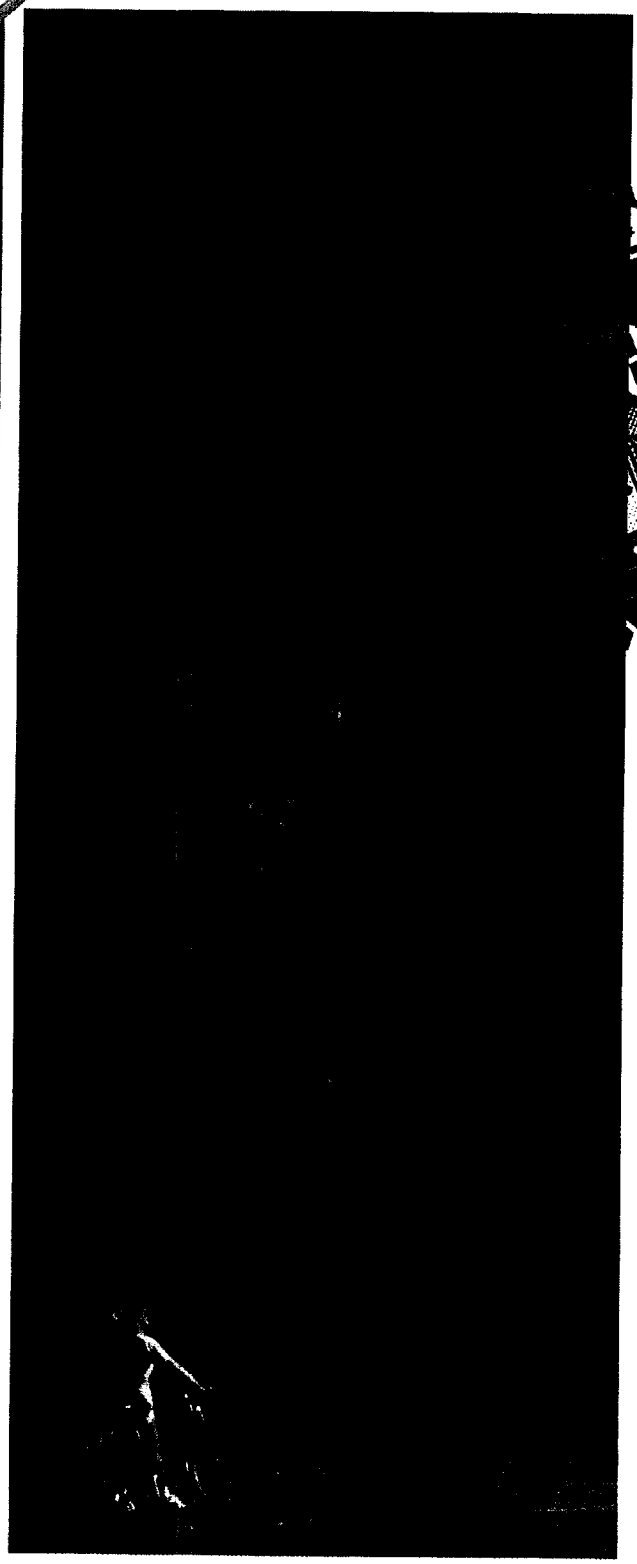

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March 1992

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Conde Nast Traveler
3/03
pg. 179

(Continued from page 166) some traveler. I didn't have any recent wounds, at least physical ones, did I?

IT'S FIFTY MILES UP THE HAMAkua Coast from Hilo to road's end in Waipi'o. Along the way are generous vistas of mountain and sea across abandoned sugarcane fields, and small towns with false-fronted shops like in the Old West.

We stopped for a taro burger in Honomu, the prettiest community. Like the others, this used to be a town of plantation workers, but the coast's last sugar mill closed in 1996. Now, with a few art galleries and sandwich shops tucked beneath its old tin awnings, Honomu tries to waylay tourists who come to 'Akaka Falls. Lest we forget who lives here, the town has two Buddhist temples, and the next village, Wailea, boasts a Buddhists-only bed-and-breakfast.

The most dramatic and tender place along this coast, though, is the seaside park at Laupahoehoe. Here a marker remembers the twenty schoolchildren and their teacher who were swept away in the 1946 tsunami. It's said that, before the disaster, the sea pulled back to reveal a new beach and so the kids were down there gathering shells or fish when the monster wave hit. Afterward, the town was rebuilt on higher ground, leaving a heavenly expanse of lawn for picnicking and camping, with the aqua sea still raging against the black-rock shore. "Warning," the sign says. "Strong current. You could be swept away from shore and could drown."

We laid over in the largest town, Honoka'a, and laid into the Hawaiian-plate dinner at the Tex Drive-In: pork and cabbage, more pork in taro leaves with fish and beef, a wet scoop of macaroni salad, a coconut sweet. In a century-old barber chair the next morning, I had my hair cut for five dollars by Mitsue Shigematsu, who was born in the Waipi'o Valley eighty-four years ago. The talk in her shop was of pigs getting into gardens and a car falling off the Waipi'o road. A Japanese farmer came in and, without a word, left the barber a big box of cabbage and lettuce. "He's one of my customers," Mrs. Shigematsu explained. "That's the real aloha spirit."

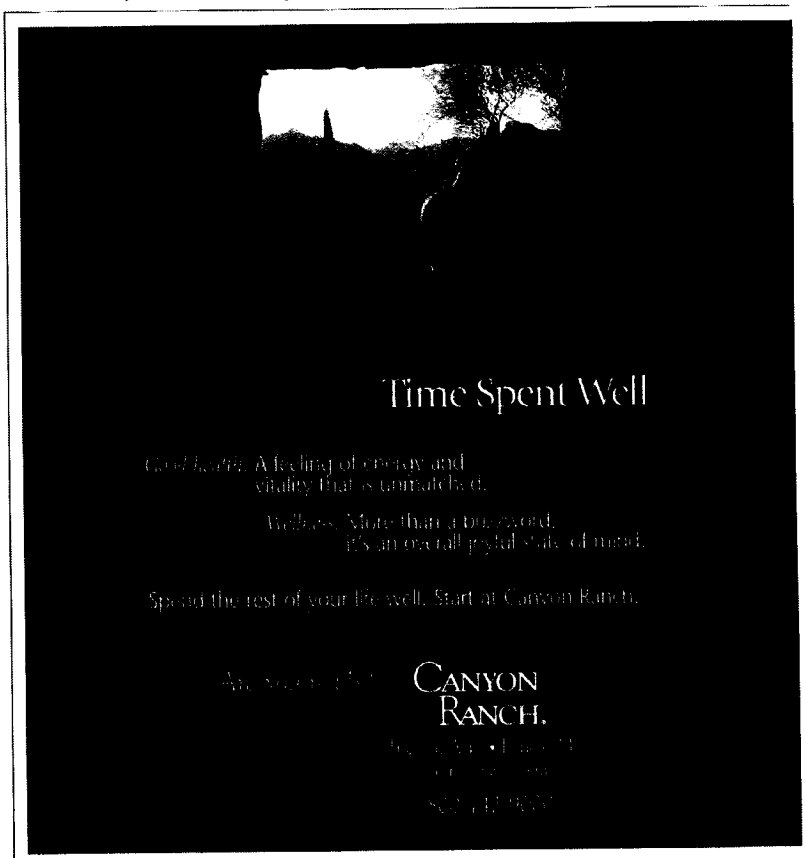
All along the coast there were waterfalls—thundering behemoths and graceful ribbons, twin-forked falls, triple-tiered falls. Without exception, their pools were inaccessible ("Danger—keep back"). Finally, on a walk I took with naturalist Hugh Montgomery on the back rim of the Waipi'o Valley, I found a pool and waded in. The banks were lined with ginger plants matted by a flood. The water was cool and clear; surely this wasn't going to hurt me. Maybe it could even heal someone. Hugh found us some guavas to eat: lemon guavas, strawberry guavas. It started to rain.

THE NEXT NIGHT, AFTER MY hike into the sacred valley, Kaikilani and I have dinner at home—in a solo cottage for rent by the night on the ocean cliff, with staggering views up the coast. When a storm sweeps in on the northeast wind, the vision dissolves behind a curtain of rain.

In the morning it's still raining, and Waipi'o Stream is in full flood, dashing our plans to kayak it. Instead, a veteran guide, Kalei Loo, will drive us into the valley as far as the floodwaters allow. When he picks us up, Kalei announces, "Fourteen waterfalls this morning—the most since 1972!" Actually there was more runoff two weeks ago, when twenty inches of rain fell in a single night. But Kalei is an entertainer, sixty-nine years old, a native of the valley, delighted by the sound of his own voice. "I am a *keiki o ka'aina,* a child of the land," he tells us. "My mother is grade, we pass a memorial to the driver who plunged off the other day, a local boy who'd been drinking. Princess Kaikilani asks our driver where her seat belt is. "No need for it!" he barks. "You in good hands!" He points out where he slid into the guardrail last week. Then we come to a tree across the road.

In a steady rain, the valley floor is a shroud of glossy greens. Hi'ilawe has been transformed from one waterfall into four. Kalei tells us some of the old stories, about Chief Liloa, about Nenewe the shark-god. We pass funky cottages poking up from overgrown yards. "No more Hawaiians living here, only hippies!" he trumpets. "*Haole* hippies and local-kind hippies! Taking over the valley, sir!" But that's a stretch, too.

We come to the river, and it's running fast and muddy, out of its banks, cutting new channels, stopping us in our tracks. We get out, umbrellas in hand, and squish around a little. Kalei gives names to the orchids, to the monkeypod and macadamia



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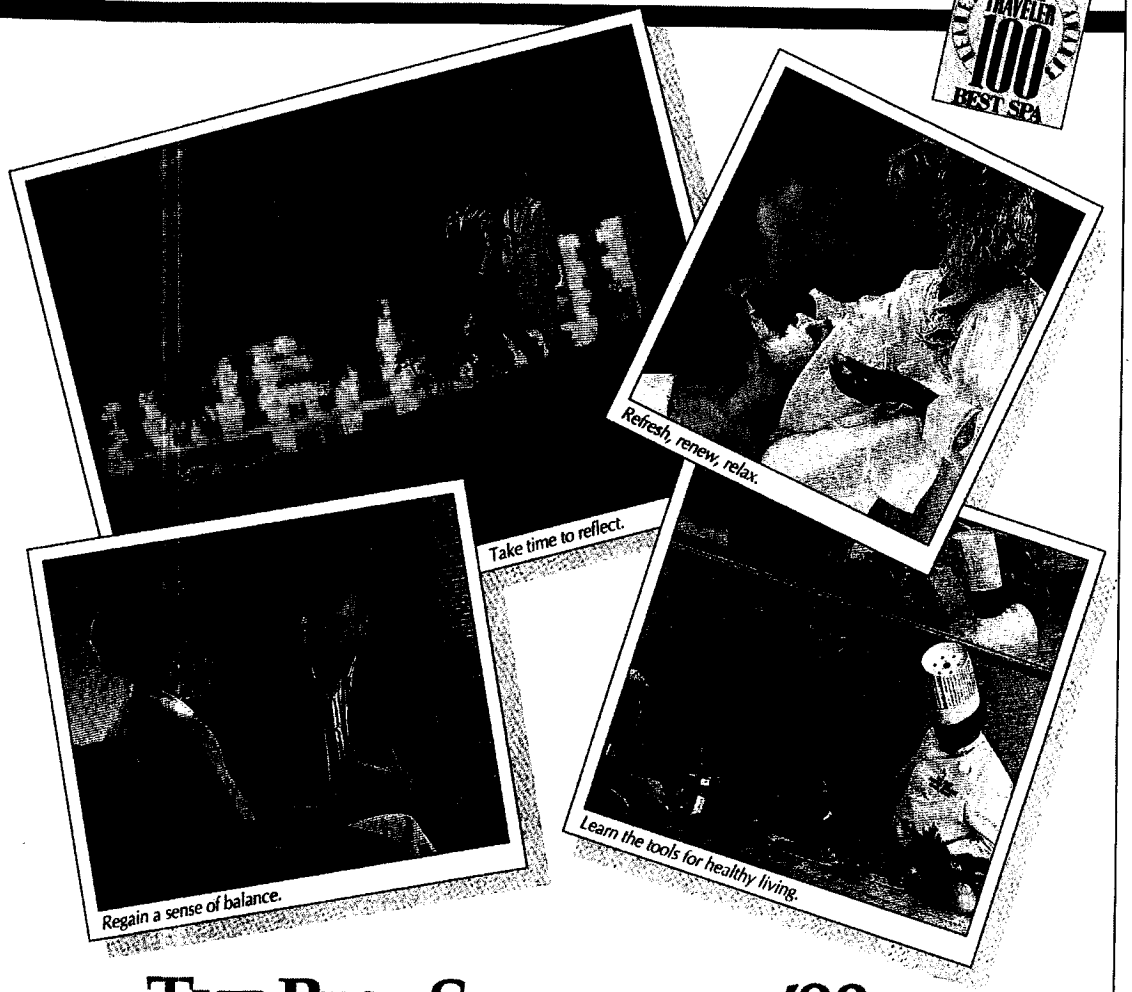

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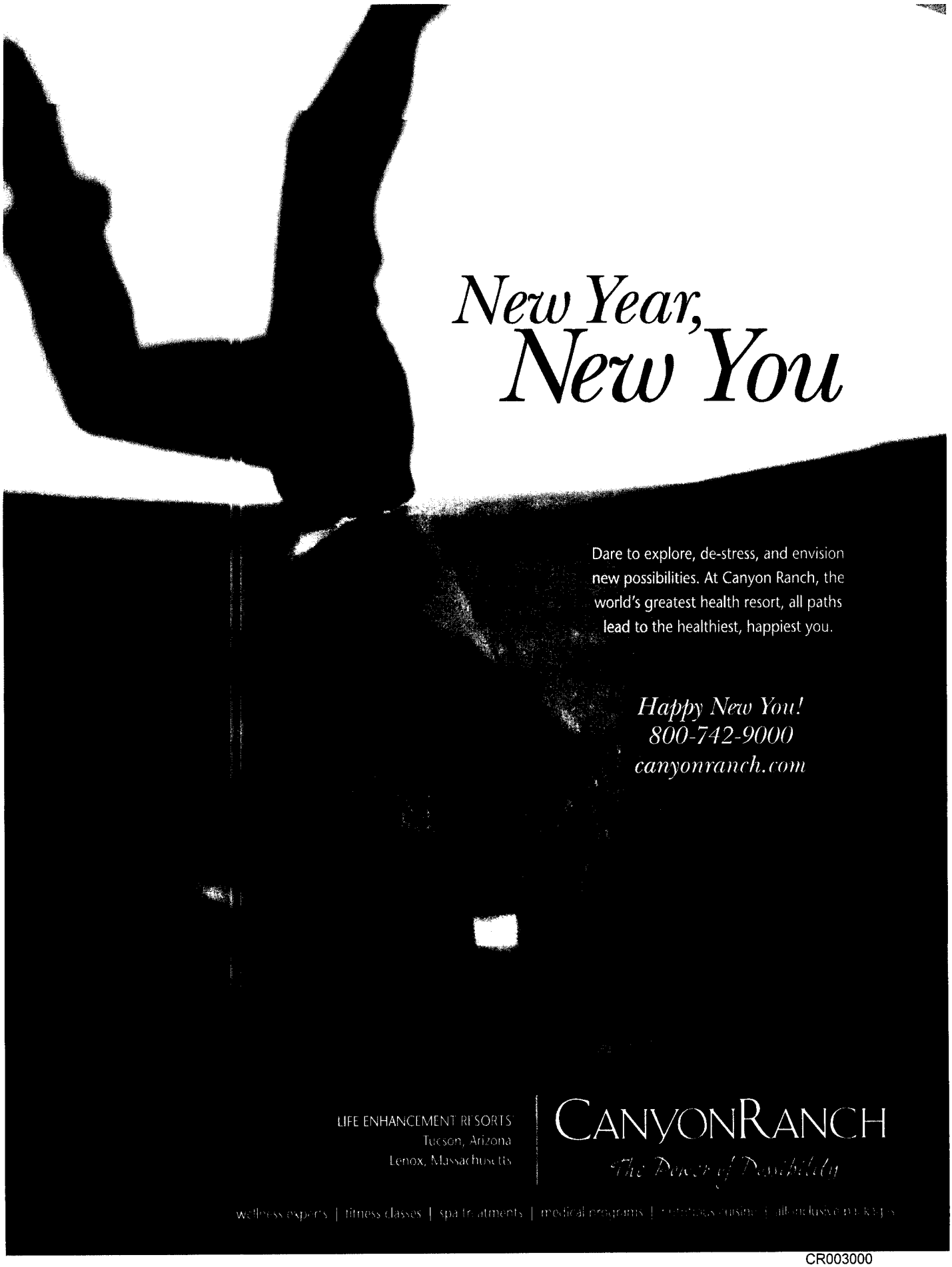
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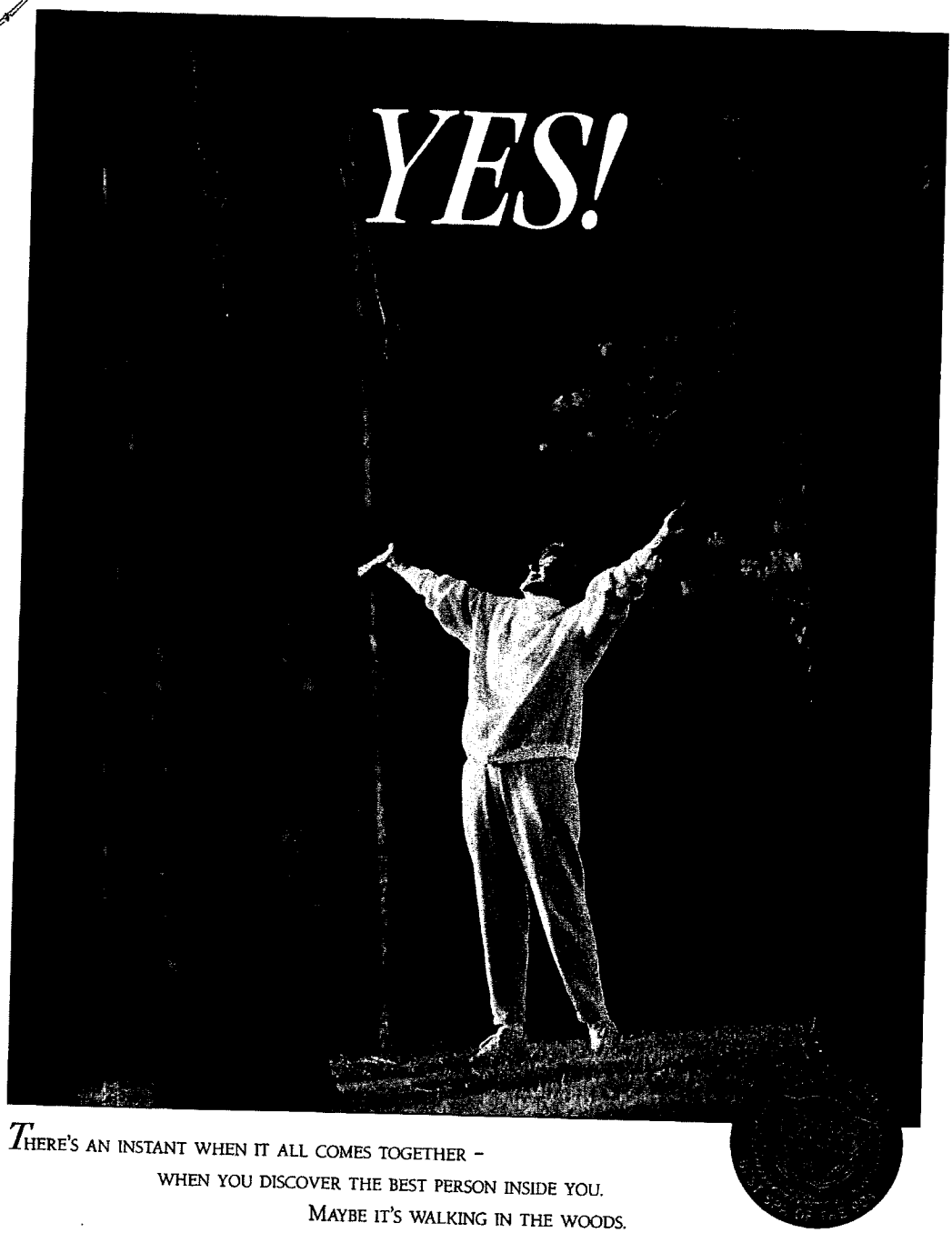

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WHEN YOU DISCOVER THE BEST PERSON INSIDE YOU.
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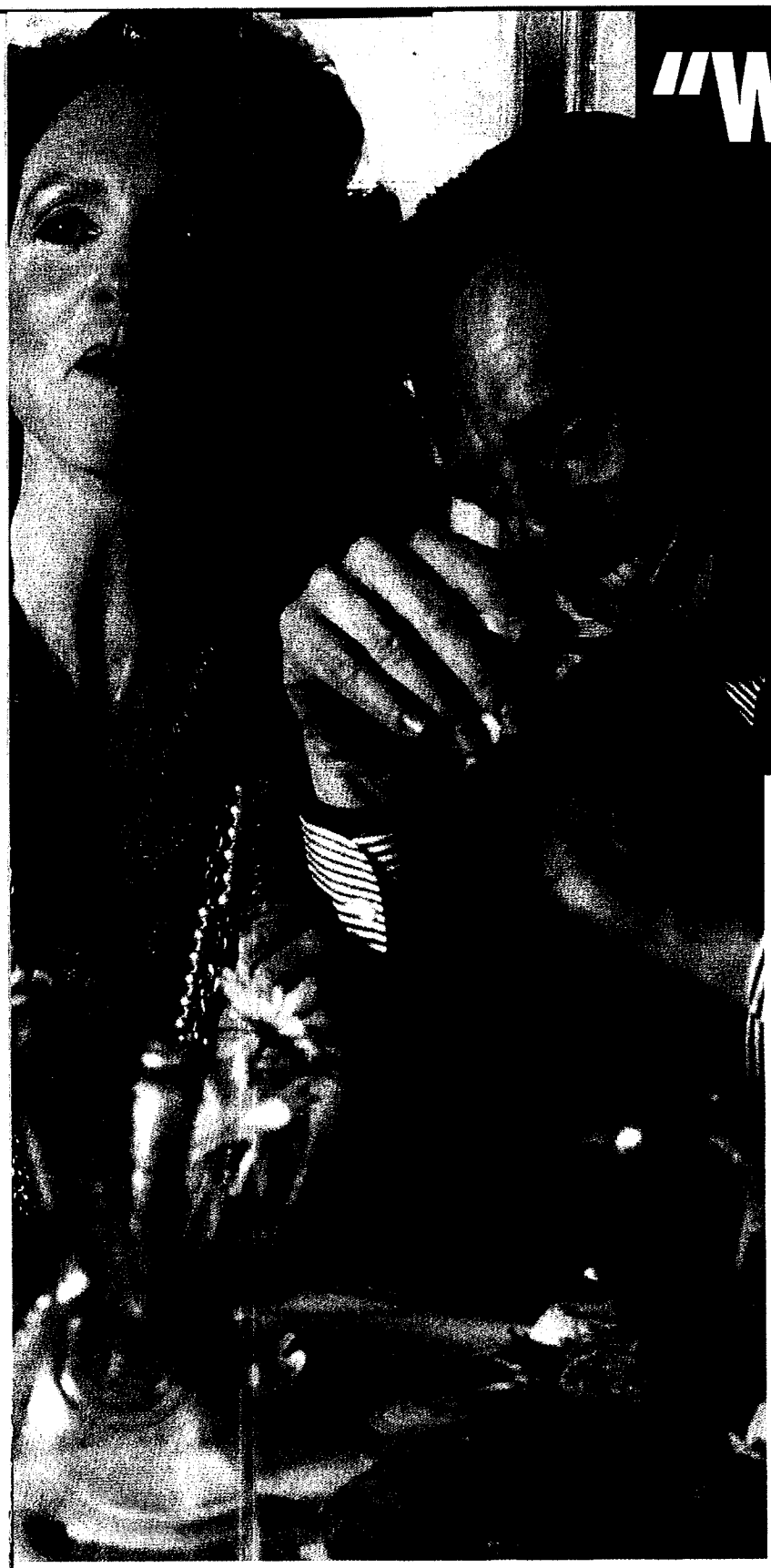

"WE'RE STILL AT THE RANCH!"

"It's been weeks since we got back from Canyon Ranch. But we still have a glow—a natural high that comes from knowing we've done something good for ourselves. That we're in control of our lives.

That's what's so unique about Canyon Ranch. It makes you want to go on living the good life long after the spa.

You discover that eating right doesn't mean depriving yourself. Exercising becomes so exhilarating that you'd miss not doing it.

We left Canyon Ranch wanting to feel like this the rest of our lives."

For reservations and information about our spa vacations and getaways call 1-800-726-9900.

THE SPA THAT NEVER LEAVES YOU.℠

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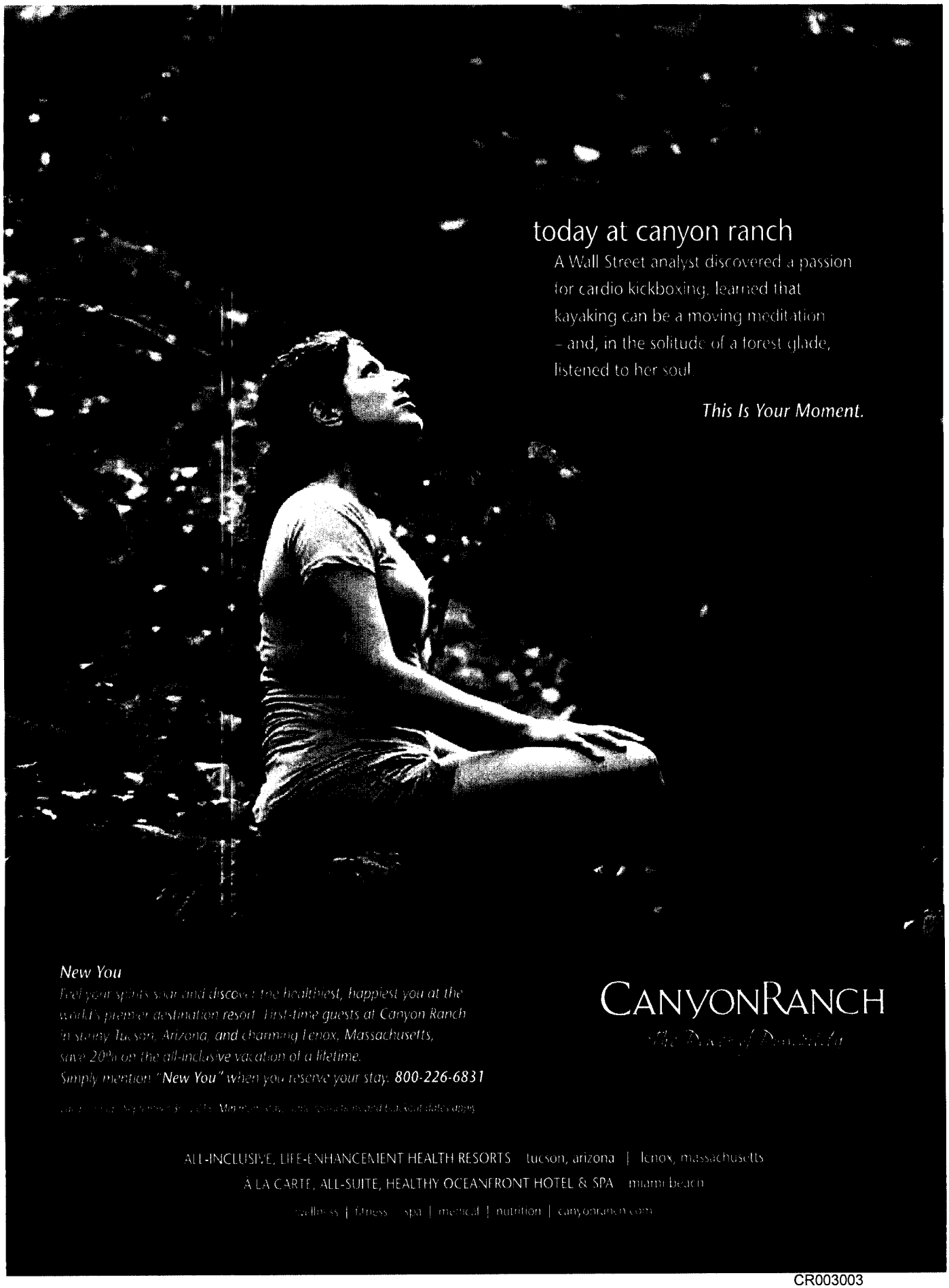
CANYON RANCH IN THE BERKSHIRES℠: BELLEFONTAINE, KEMBLE STREET, LENOX, MASSACHUSETTS 01240

CR003002


today at canyon ranch
A Wall Street analyst discovered a passion for cardio kickboxing, learned that kayaking can be a moving meditation – and, in the solitude of a forest glade, listened to her soul.
This Is Your Moment.
New You
Feel your spirits soar and discover the healthiest, happiest you at the world's premier destination resort. First-time guests at Canyon Ranch in sunny Tucson, Arizona, and charming Lenox, Massachusetts, save 20% on the all-inclusive vacation of a lifetime.
Simply mention "New You" when you reserve your stay. 800-226-6831
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ALL-INCLUSIVE, LIFE-ENHANCEMENT HEALTH RESORTS tucson, arizona | lenox, massachusetts
À LA CARTE, ALL-SUITE, HEALTHY OCEANFRONT HOTEL & SPA miami beach
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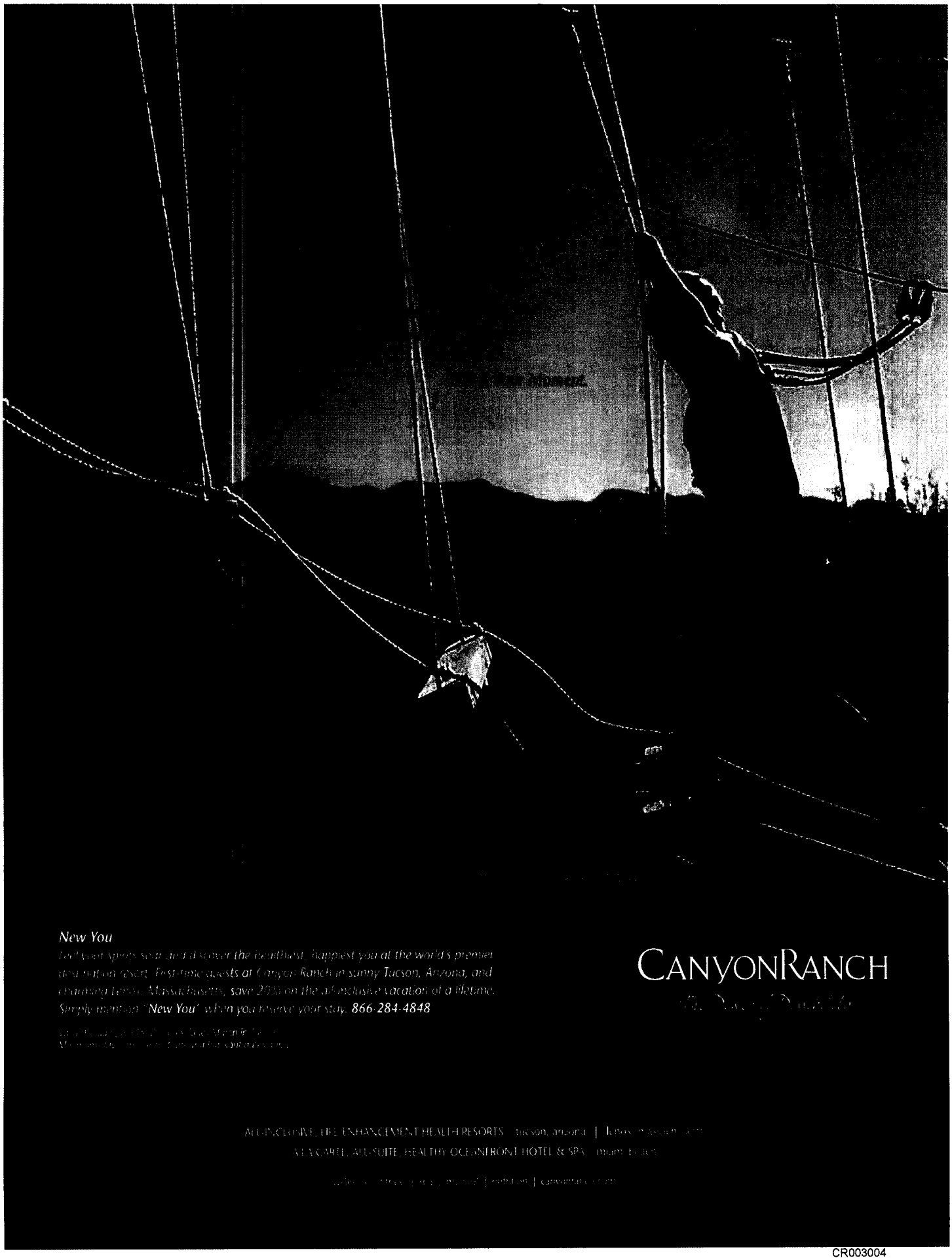
CR003003



CR003004

The Hollywood Reporter
Sept 20-22, 2002

"Health...the condition that makes possible the highest enjoyment of life."

[illegible]

Are you ready?

CANYON RANCH

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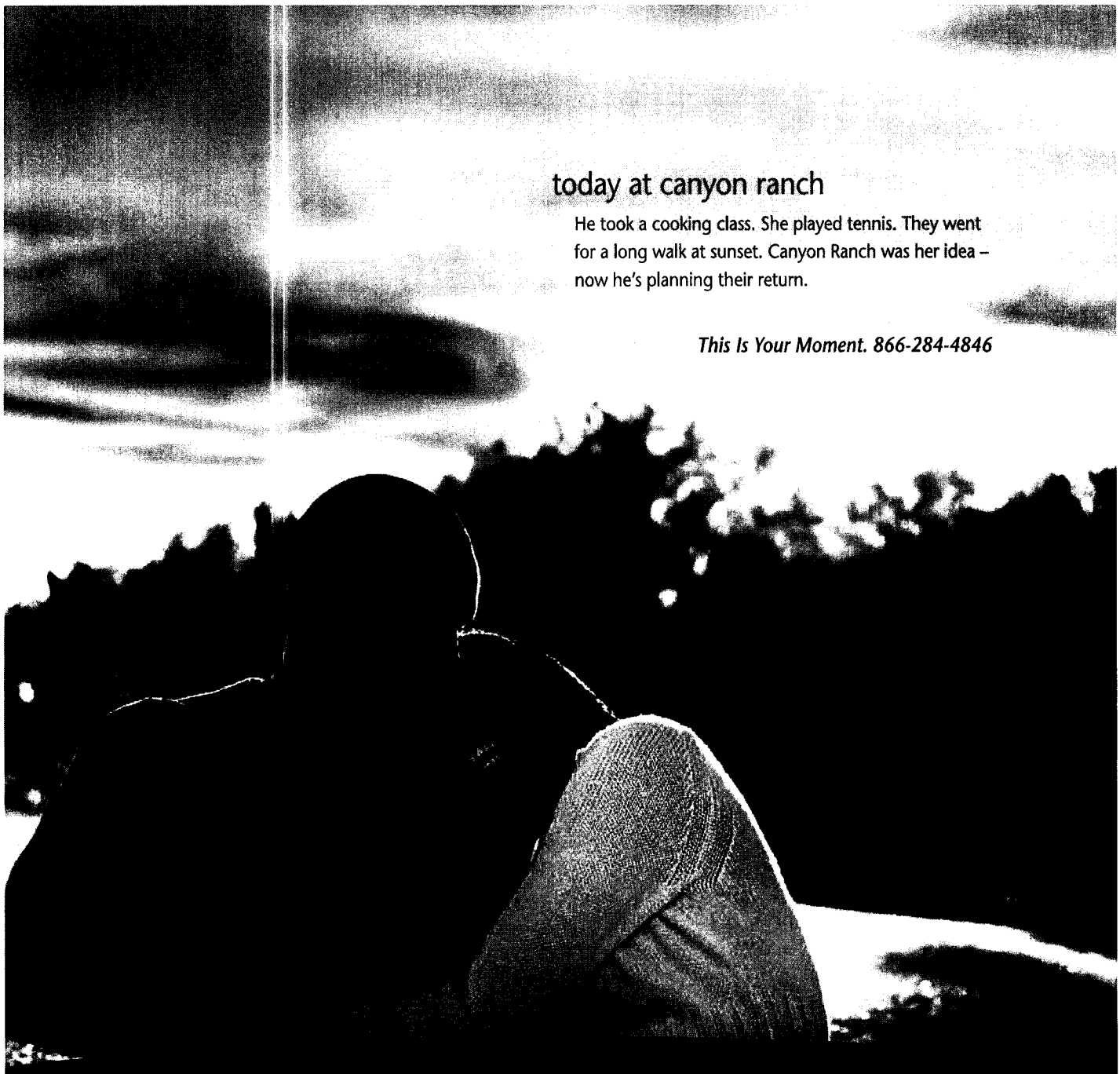
800-742-9000



today at canyon ranch

He took a cooking class. She played tennis. They went for a long walk at sunset. Canyon Ranch was her idea – now he's planning their return.

This Is Your Moment. 866-284-4846

SHARE CANYON RANCH AND SAVE

Discover Canyon Ranch in Lenox, Massachusetts, or Tucson, Arizona, with someone who also has not been to Canyon Ranch – you'll both save 15% on your all-inclusive stay when you share accommodations. Simply mention "Two New, Too Terrific" *when you call* ***866-284-4846.***

Valid through December 23, 2010. Some restrictions apply.

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CR003006

ad book

NYT Mag brand ad 12/19/05 10:53 AM Page 1

CR003007

Life. *Even better.*

There's a moment when it all comes together – when you discover the best in yourself.

In the middle of your busy schedule, it's easy to miss the moments that can awaken you to life's possibilities. Discover Canyon Ranch, the leader in wellness lifestyle, offering healthy vacations, living communities, spa packages and products to help you fully live those moments – so light yet powerful – when you realize you can feel this great forever.

Discover: canyonranch.com
800-742-9000

CANYON RANCH

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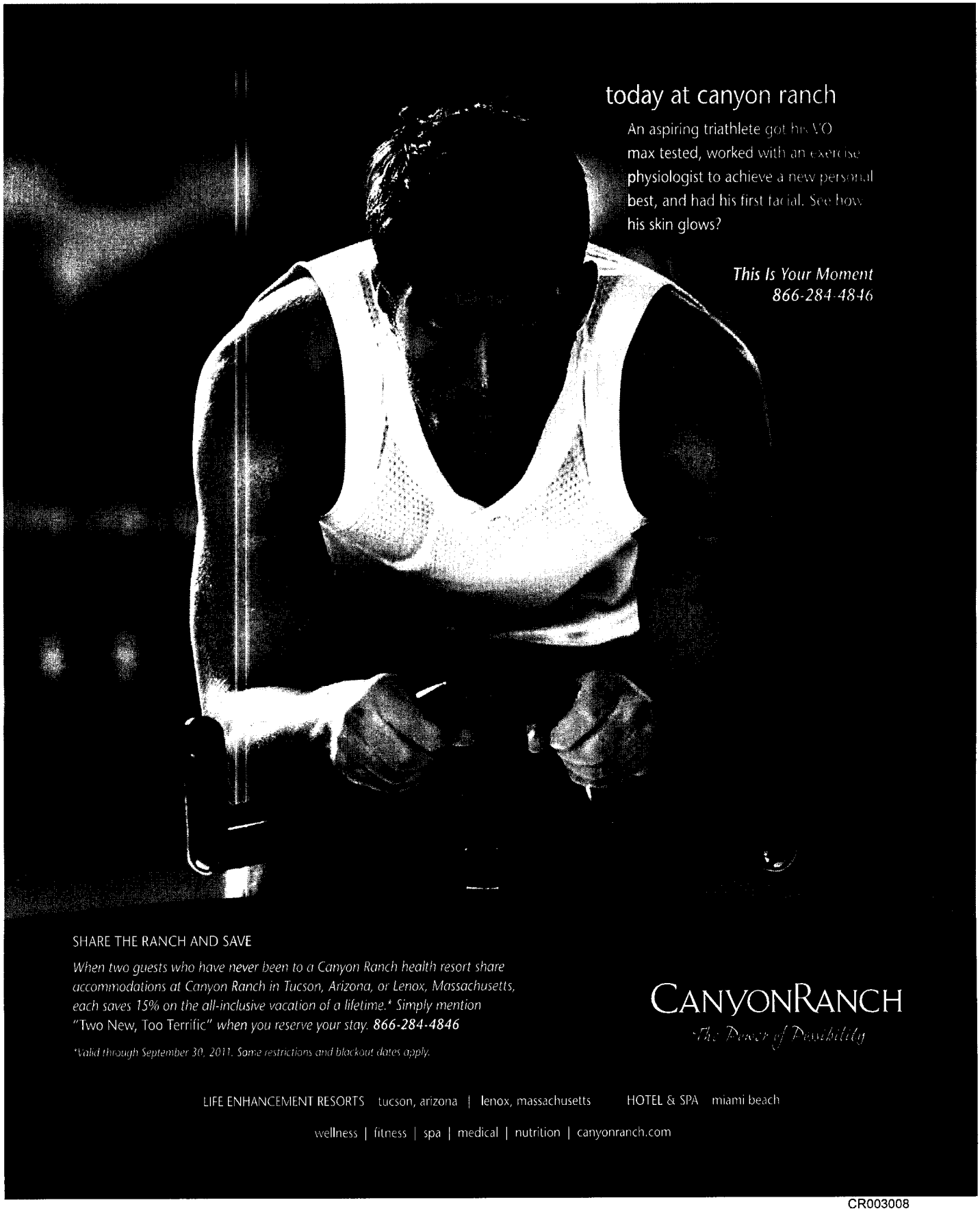
today at canyon ranch
An aspiring triathlete got his VO max tested, worked with an exercise physiologist to achieve a new personal best, and had his first facial. See how his skin glows?
This Is Your Moment
866-284-4846
SHARE THE RANCH AND SAVE
When two guests who have never been to a Canyon Ranch health resort share accommodations at Canyon Ranch in Tucson, Arizona, or Lenox, Massachusetts, each saves 15% on the all-inclusive vacation of a lifetime.* Simply mention "Two New, Too Terrific" when you reserve your stay. 866-284-4846
*Valid through September 30, 2011. Some restrictions and blackout dates apply.
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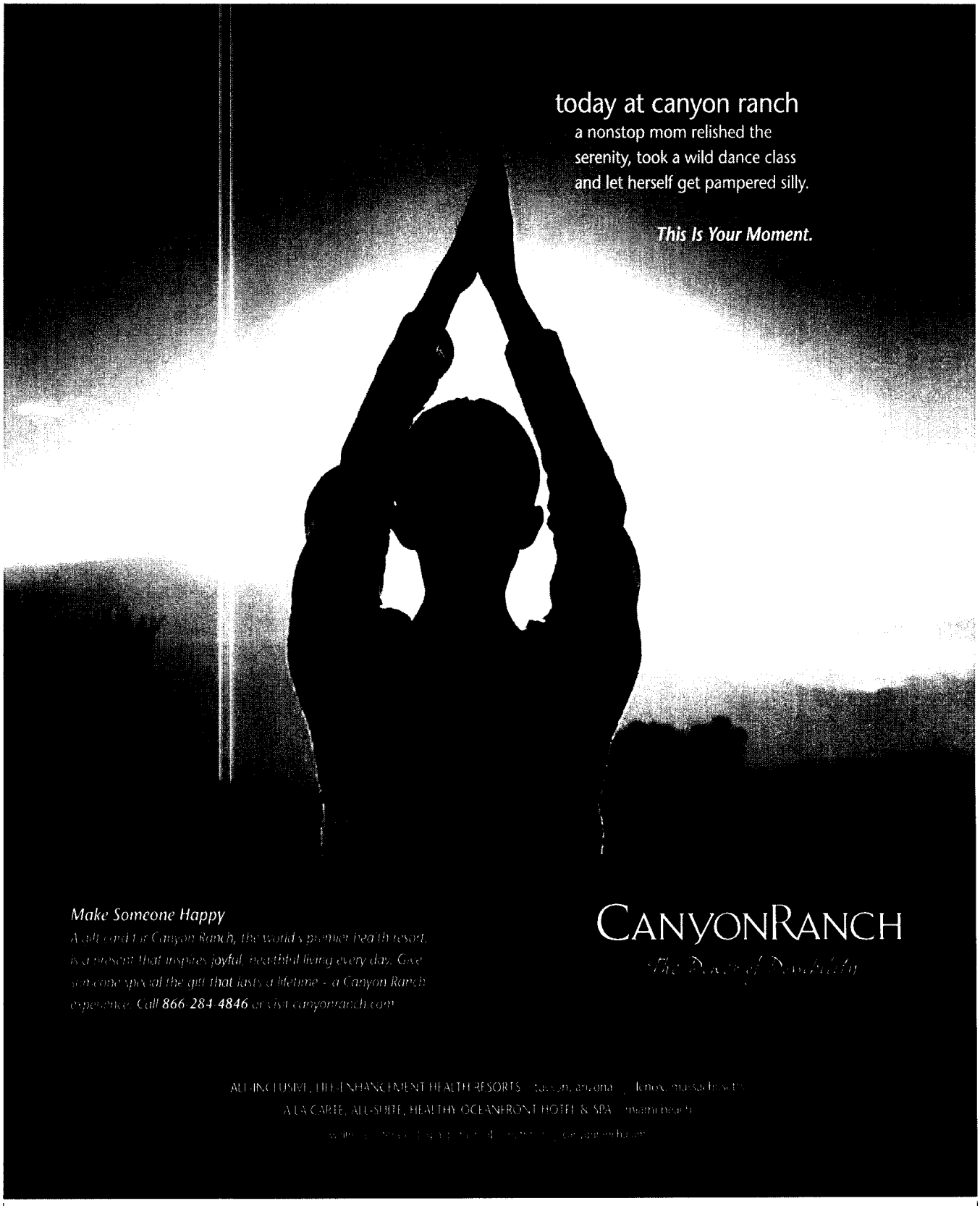
CR003008


today at canyon ranch
a nonstop mom relished the
serenity, took a wild dance class
and let herself get pampered silly.
This Is Your Moment.
Make Someone Happy
A gift card for Canyon Ranch, the world's premier health resort,
is a present that inspires joyful, healthful living every day. Give
someone special the gift that lasts a lifetime – a Canyon Ranch
experience. Call 866 284 4846 or visit canyonranch.com
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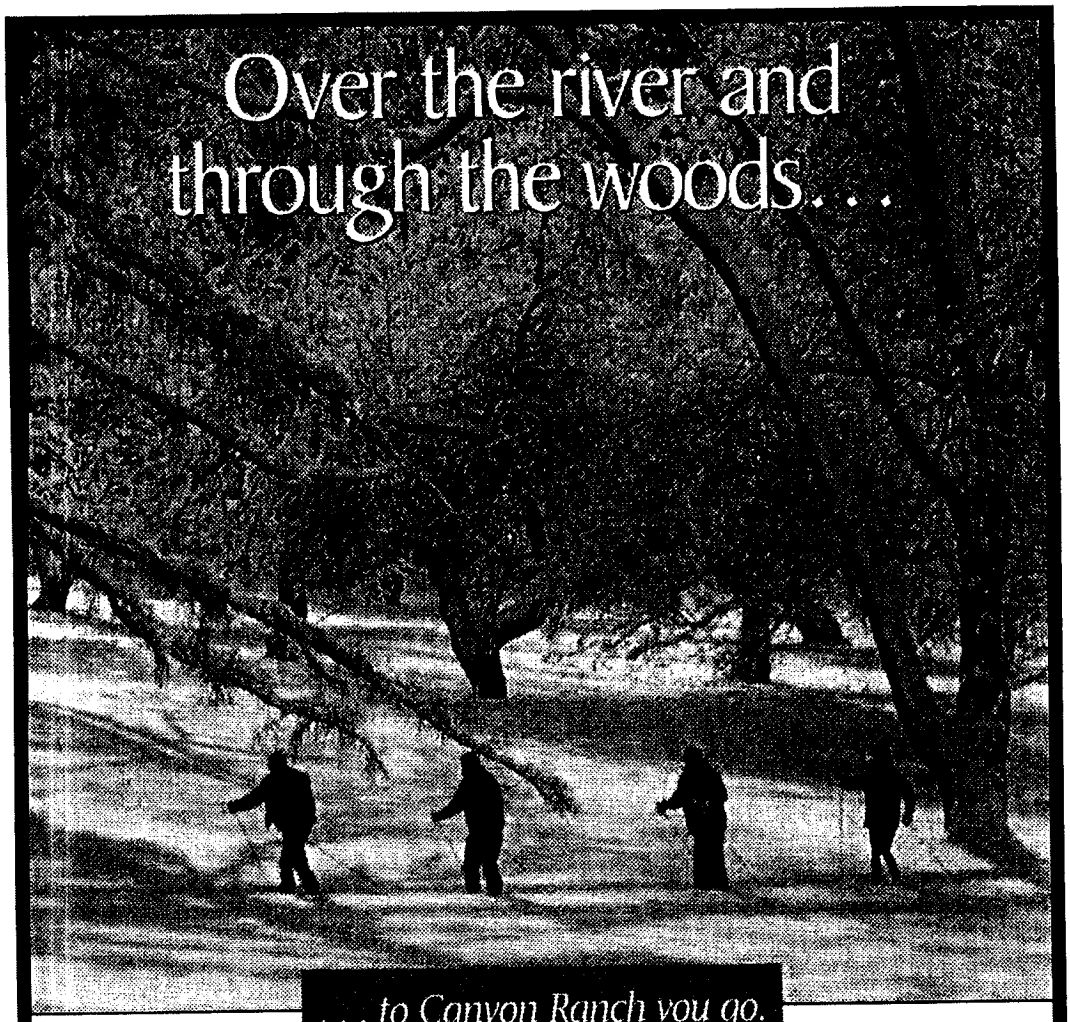
NYTM210



There's no greater gift than good health, which makes Canyon Ranch in the Berkshires a natural for the holidays. In this classic New England setting, the season's spirit shines brightly. Stay active indoors and out, get pampered, enjoy good company and dine on holiday favorites prepared with the highest culinary and nutritional standards in mind.

- Do you know someone who could use a healthy getaway? A gift certificate from Canyon Ranch is meaningful and sure to delight.
- For additional savings on our already great winter rates, ask about the *Parent & Child Special* at Canyon Ranch in the Berkshires (children must be 14 or older).
- Also, check out our *Ski Free* offer.

The Best Healthy Vacations in the World

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Canyon Ranch. Health Resorts

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all-inclusive vacations ▼ nutritious gourmet cuisine ▼ fitness activities ▼ hiking & outdoor sports
preventive health care ▼ stress management ▼ spiritual awareness ▼ spa, skin care & salon services

CR003010

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Leave stress behind

Escape to Canyon Ranch

- leading-edge health & healing services
- hundreds of sports & fitness activities
- blissful spa services
- world-renowned spa cuisine
- exotic Sonoran Desert
- tranquil Berkshire Mountains

WORLD'S BEST SPA
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HALL OF FAME
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READER'S CHOICE BEST SPA
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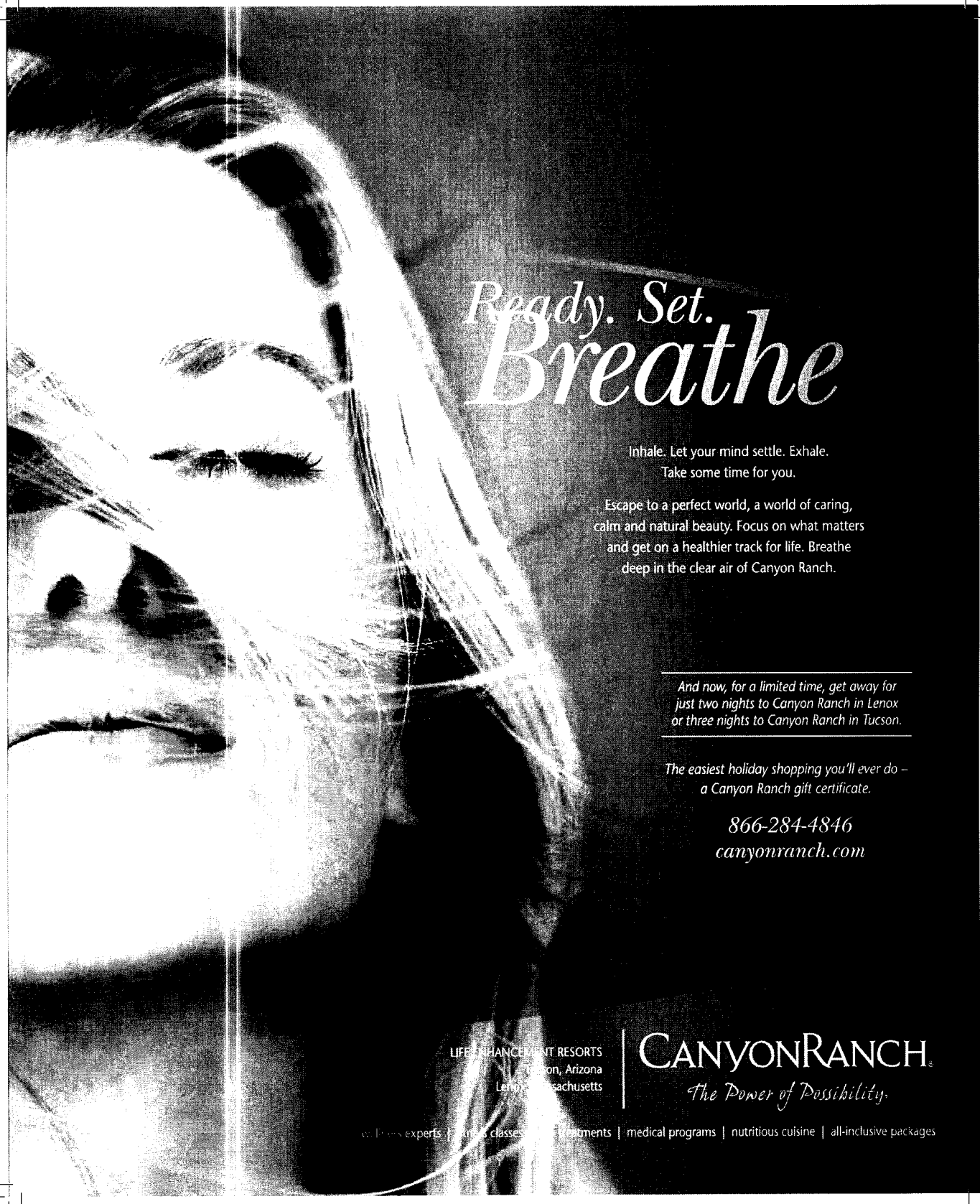
Free Tanglewood lawn ticket with three-night or longer package stay at Canyon Ranch in the Berkshires, July 6 to August 27. Also, receive a free round of golf with any Berkshires stay *(some restrictions apply)*.


Ready. Set.
Breathe
Inhale. Let your mind settle. Exhale.
Take some time for you.
Escape to a perfect world, a world of caring, calm and natural beauty. Focus on what matters and get on a healthier track for life. Breathe deep in the clear air of Canyon Ranch.
And now, for a limited time, get away for just two nights to Canyon Ranch in Lenox or three nights to Canyon Ranch in Tucson.
The easiest holiday shopping you'll ever do – a Canyon Ranch gift certificate.
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*Through June 30, 2009, bring a friend to Tucson or Lenox who's also never been to a Canyon Ranch resort and you'll both save 15% on all-inclusive package stays when you share accommodations. Just mention "Two New, Too Terrific" when you reserve the getaway of a lifetime.** ***866-284-4846***

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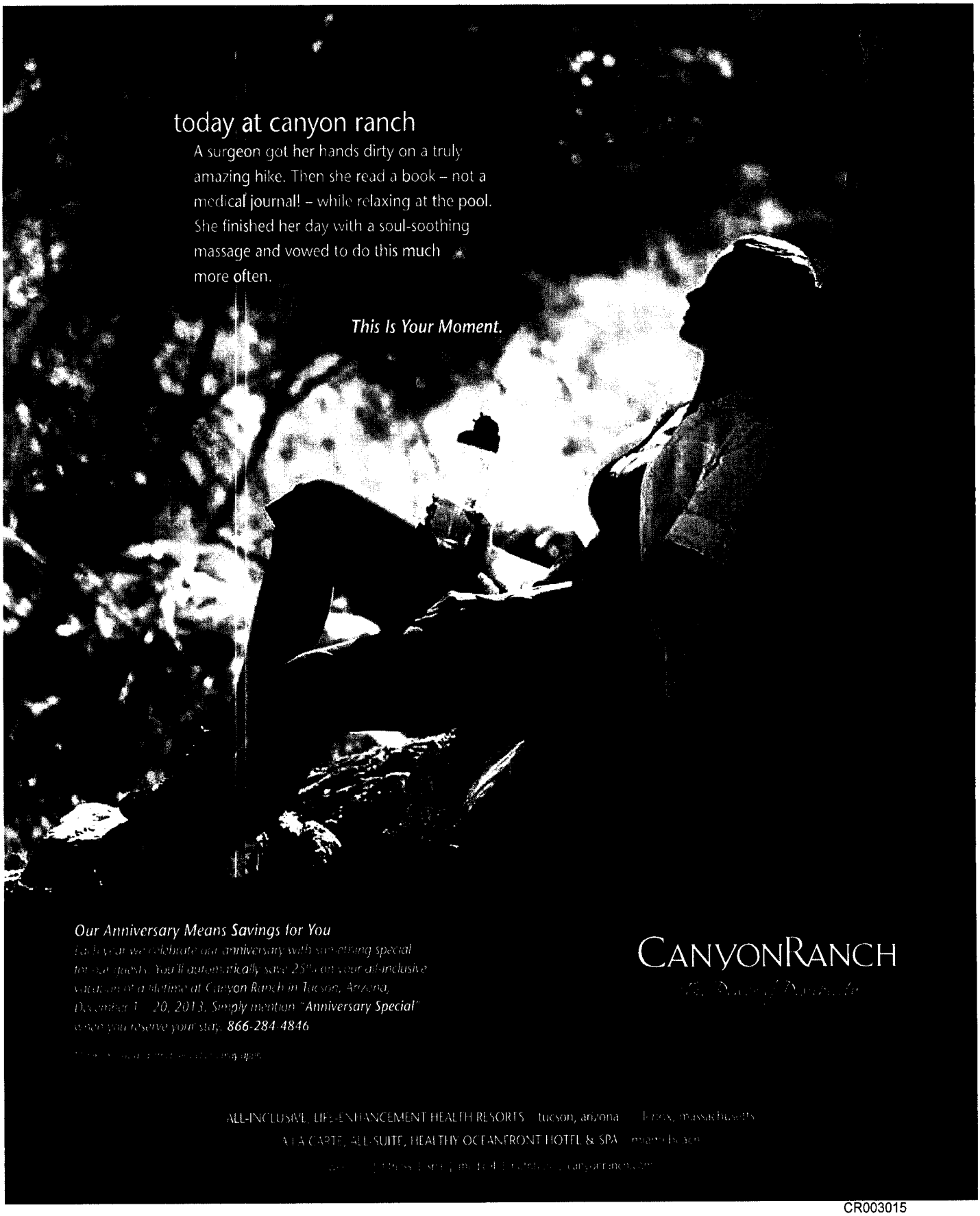
The Power of Possibility

wellness | fitness | spa | medical | nutrition

**Some restrictions apply.*

CR003014


today at canyon ranch
A surgeon got her hands dirty on a truly amazing hike. Then she read a book – not a medical journal! – while relaxing at the pool. She finished her day with a soul-soothing massage and vowed to do this much more often.
This Is Your Moment.
Our Anniversary Means Savings for You
In honor of our anniversary with something special for our guests. You'll automatically save 25% on your all-inclusive vacation at a lifetime at Canyon Ranch in Tucson, Arizona, December 1 – 20, 2013. Simply mention "Anniversary Special" when you reserve your stay. 866-284-4846
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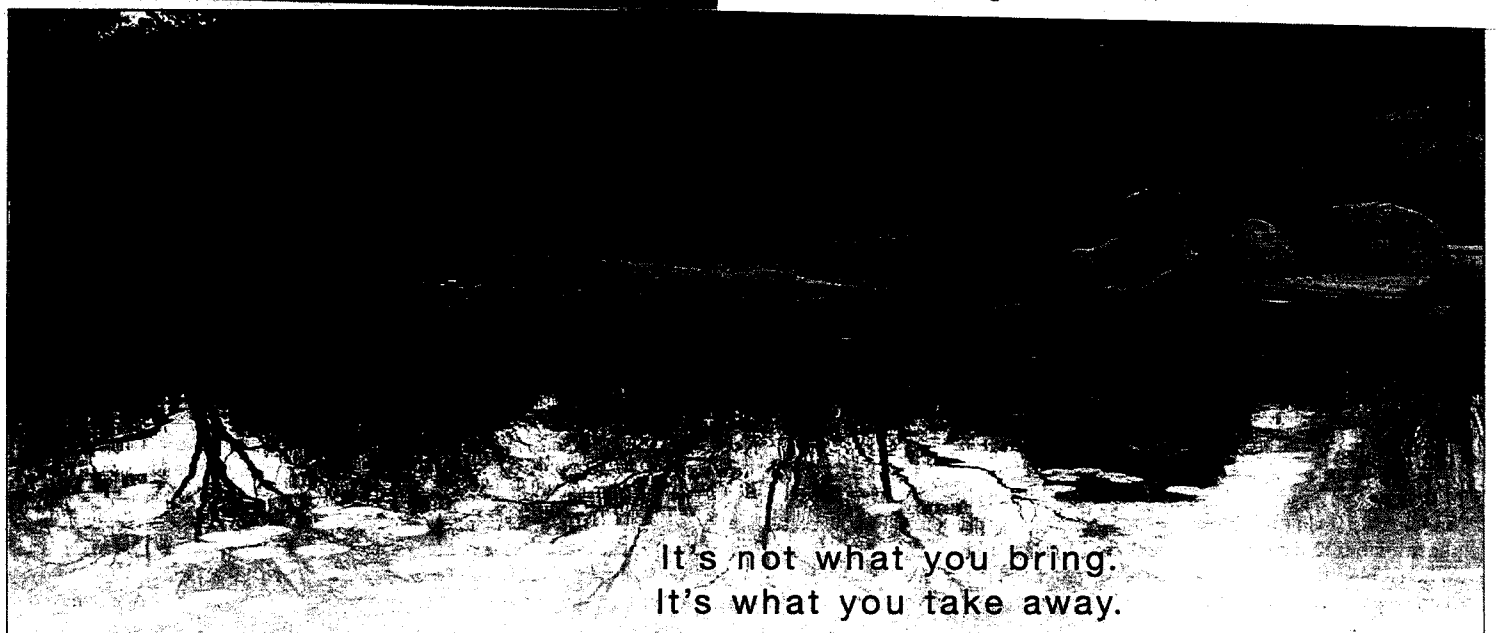
A SHORTCUT TO CC NT

The Sophisticated Traveler
New York Times Magazine
March 7, 2004

Today's top spas offer far more than massages and mud packs



It's not what you bring.
It's what you take away.

CANYON RANCH.

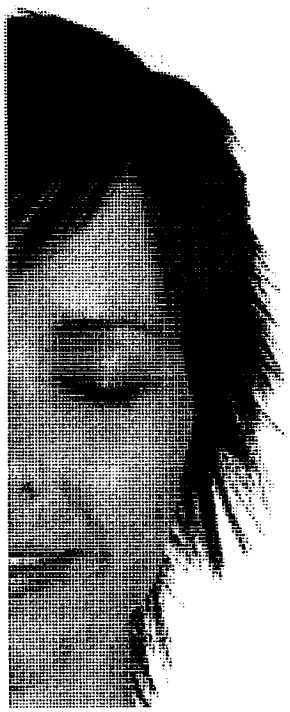
At Canyon Ranch Resorts, you'll enjoy much more than a great vacation. Relax and have fun. Change your perspective. Or change your life. Embrace all the opportunities and take away an enhanced sense of self. Or simply take pleasure in focusing on your well-being. After all, it's the possibilities you choose that make all the difference.

The Power of Possibility™

Tucson, Arizona • Lenox, Massachusetts • canyonranch.com • 800-742-9000

IT'S NOT WHAT YOU BRING.
IT'S WHAT YOU TAKE AWAY.

CANYONRANCH
10-TIME WINNER
Condé Nast Traveler
Best Destination Spa



As we all know, it's not the destination, but the journey that matters. It's how our lives take shape. How our true selves are revealed. How we find joy. Canyon Ranch can guide you to a feeling so light, yet so powerful, it enhances your life forever. Your journey begins with us.

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The Power of Possibility™

LIFE ENHANCEMENT RESORT™
TUCSON, ARIZ. • LENOX, MASS.
SPACLUB™ • HEALTHY LIVING COMMUNITIES • SKIN CARE PRODUCTS

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Ready. Set.
Life is more than a top-notch
résumé and the right address.
It's about who you are – and could be.
At Canyon Ranch, the world's greatest
health resort, find your way to the
only destination that matters –
the healthiest, happiest you.
In Lenox, enjoy great savings
December 1 through 24, 2007 –
15% off any package of
three nights or more.
May not be combined with other promotions.
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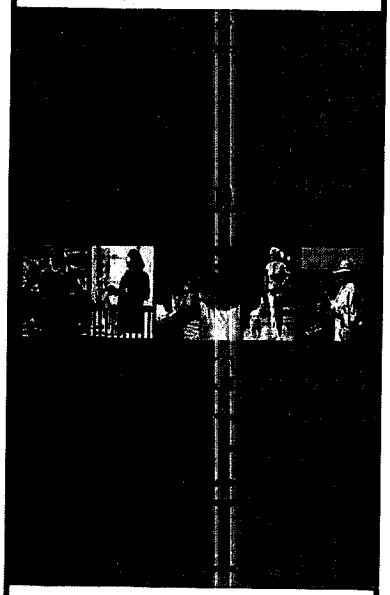
From America's #1 name in health comes the essential reference for every stage of a woman's life



- More than 700 photographs and drawings; 768 pages
- Fully illustrated, sixteen-page guide to the major stages of a woman's life, from childhood to old age
- First-person accounts of coping with health issues
- Double-page "Take Action" spreads that help women take charge of their lives
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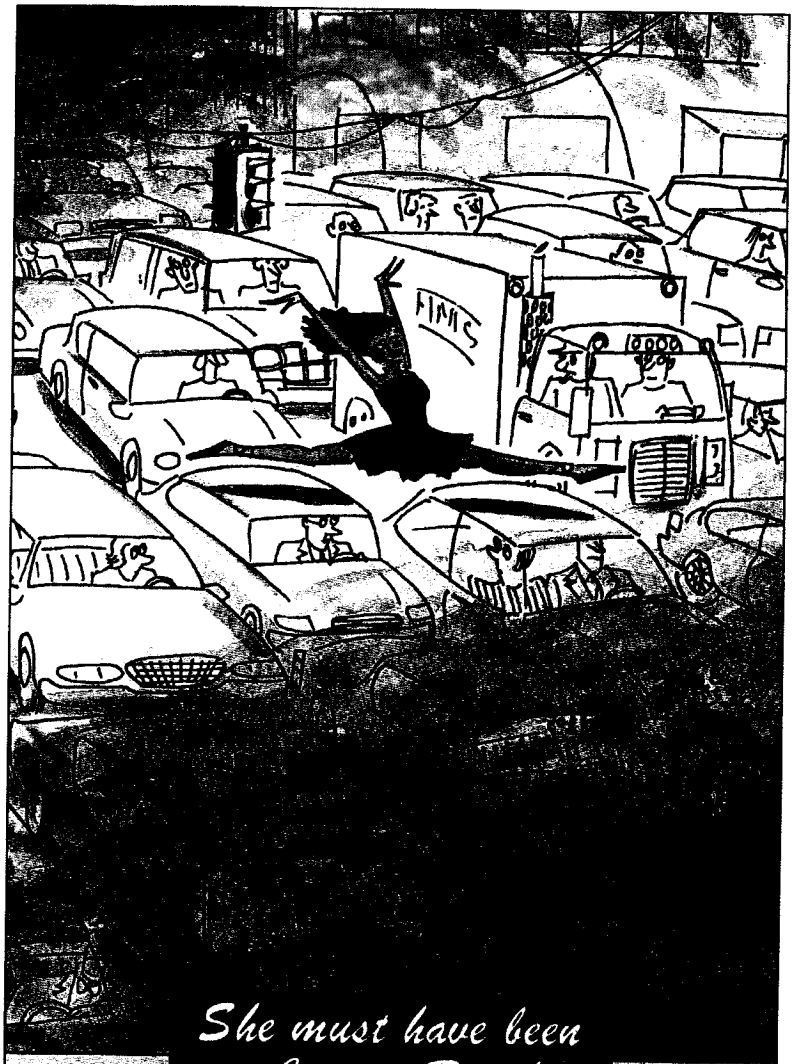
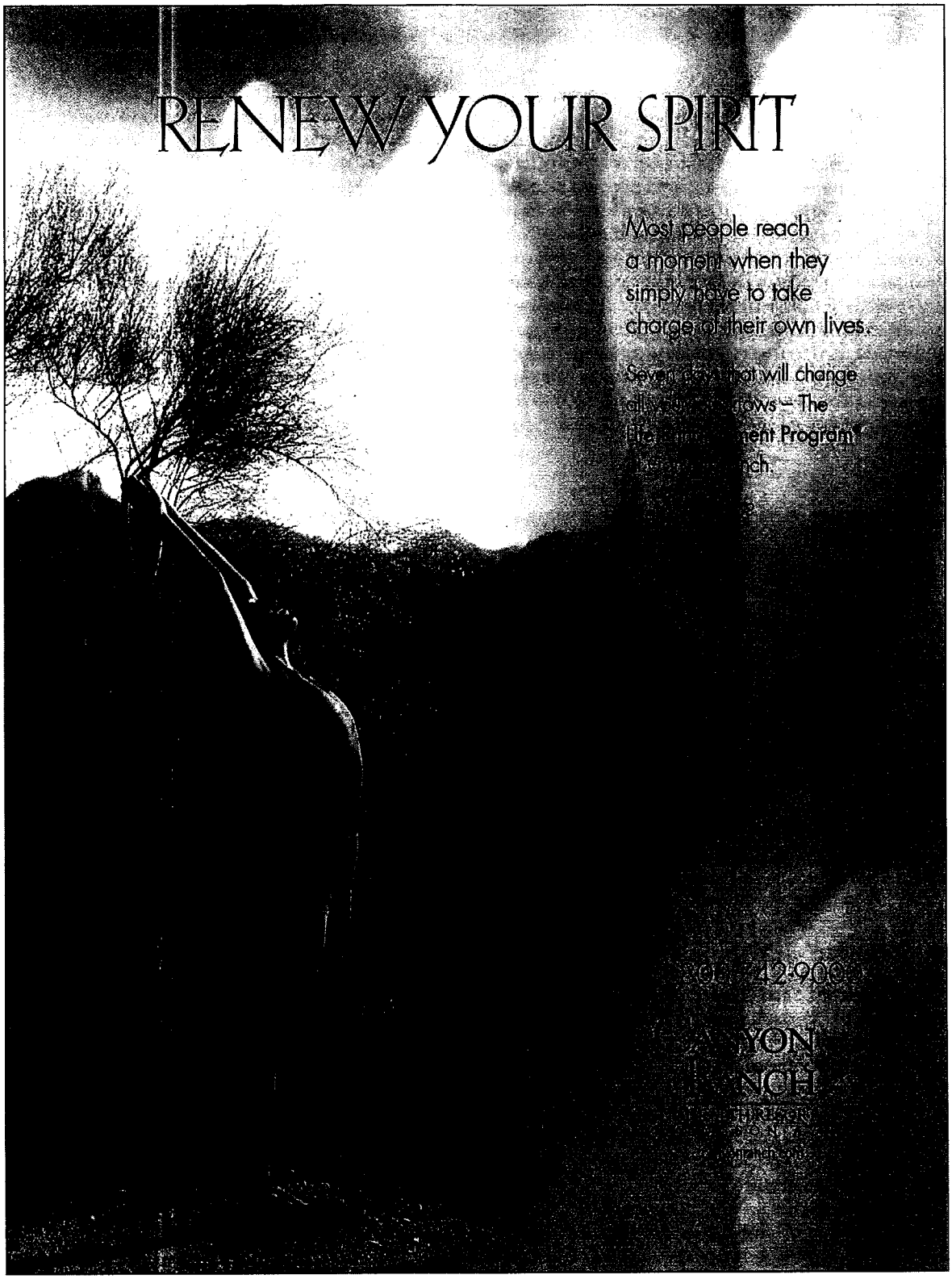


She must have been to Canyon Ranch.

You can't mistake the look. The kind you get when you've done something wonderful for yourself. In a place that was made for playing and pampering and nourishing your mind and body. And the best part is, what she learned there, she's still doing here. Canyon Ranch. The vacation you take home with you.℠

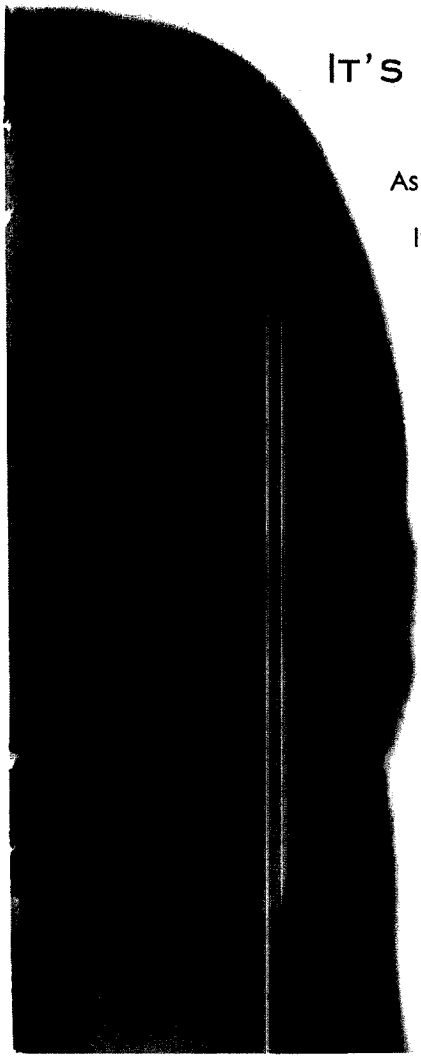
Canyon Ranch.
HEALTH RESORTS
TUCSON, AZ • LENOX, MA

For more information and a brochure, call 1-800-726-9900.
Also, ask about our week-long Life Enhancement Program.



SPAFinder Spring 2002

Time
November 1, 2004



IT'S NOT WHAT YOU BRING.
IT'S WHAT YOU TAKE AWAY.

As we all know, it's not the destination, but the journey that matters. It's how our lives take shape. How our true selves are revealed. How we find joy. Canyon Ranch can guide you to a feeling so light, yet so powerful it enhances your life forever. Where will your journey take you?

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Travel + Leisure
June 2004

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It's what you take away.

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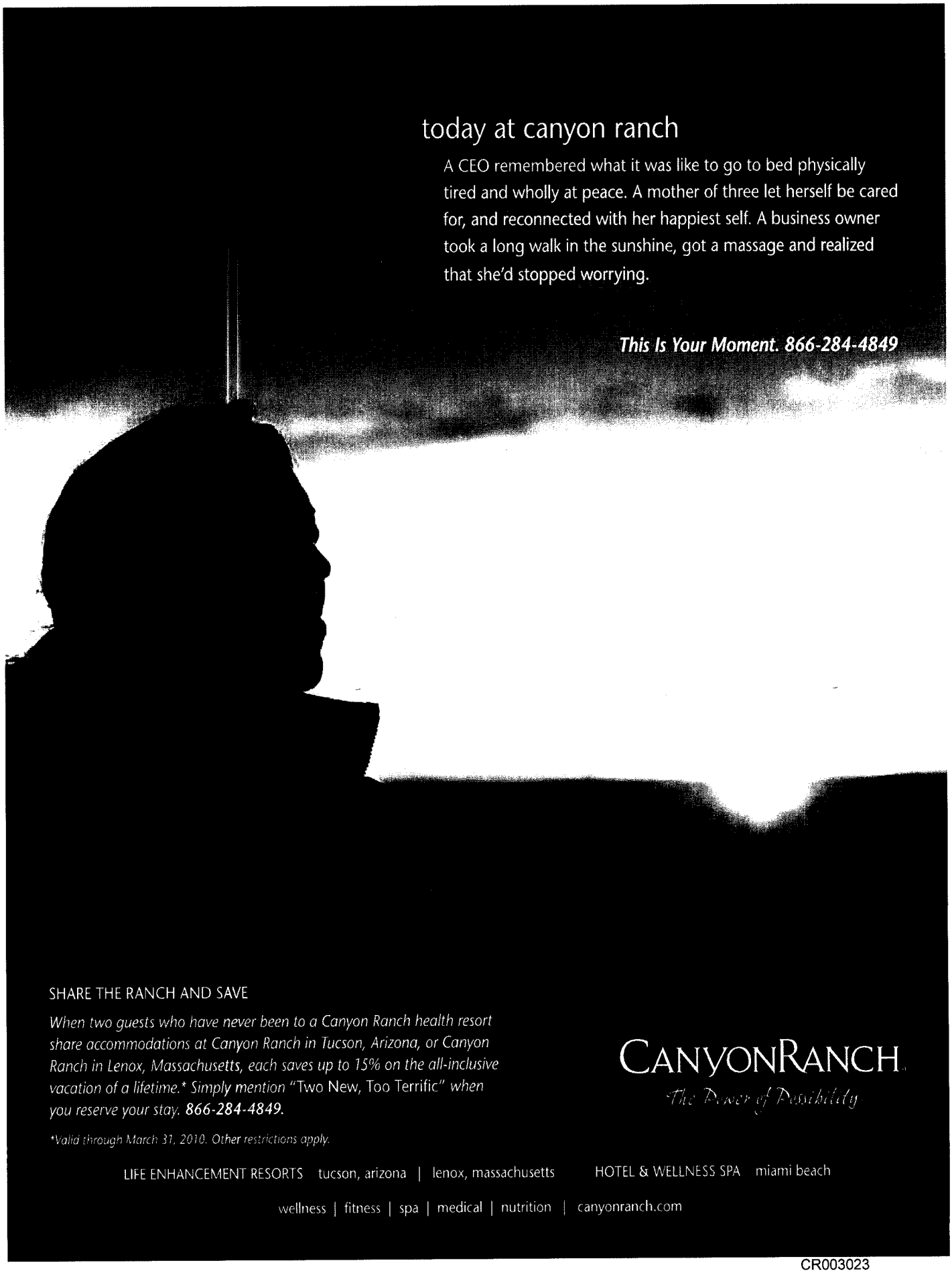
today at canyon ranch
A CEO remembered what it was like to go to bed physically tired and wholly at peace. A mother of three let herself be cared for, and reconnected with her happiest self. A business owner took a long walk in the sunshine, got a massage and realized that she'd stopped worrying.
This Is Your Moment. 866-284-4849
SHARE THE RANCH AND SAVE
When two guests who have never been to a Canyon Ranch health resort share accommodations at Canyon Ranch in Tucson, Arizona, or Canyon Ranch in Lenox, Massachusetts, each saves up to 15% on the all-inclusive vacation of a lifetime.* Simply mention "Two New, Too Terrific" when you reserve your stay. 866-284-4849.
*Valid through March 31, 2010. Other restrictions apply.
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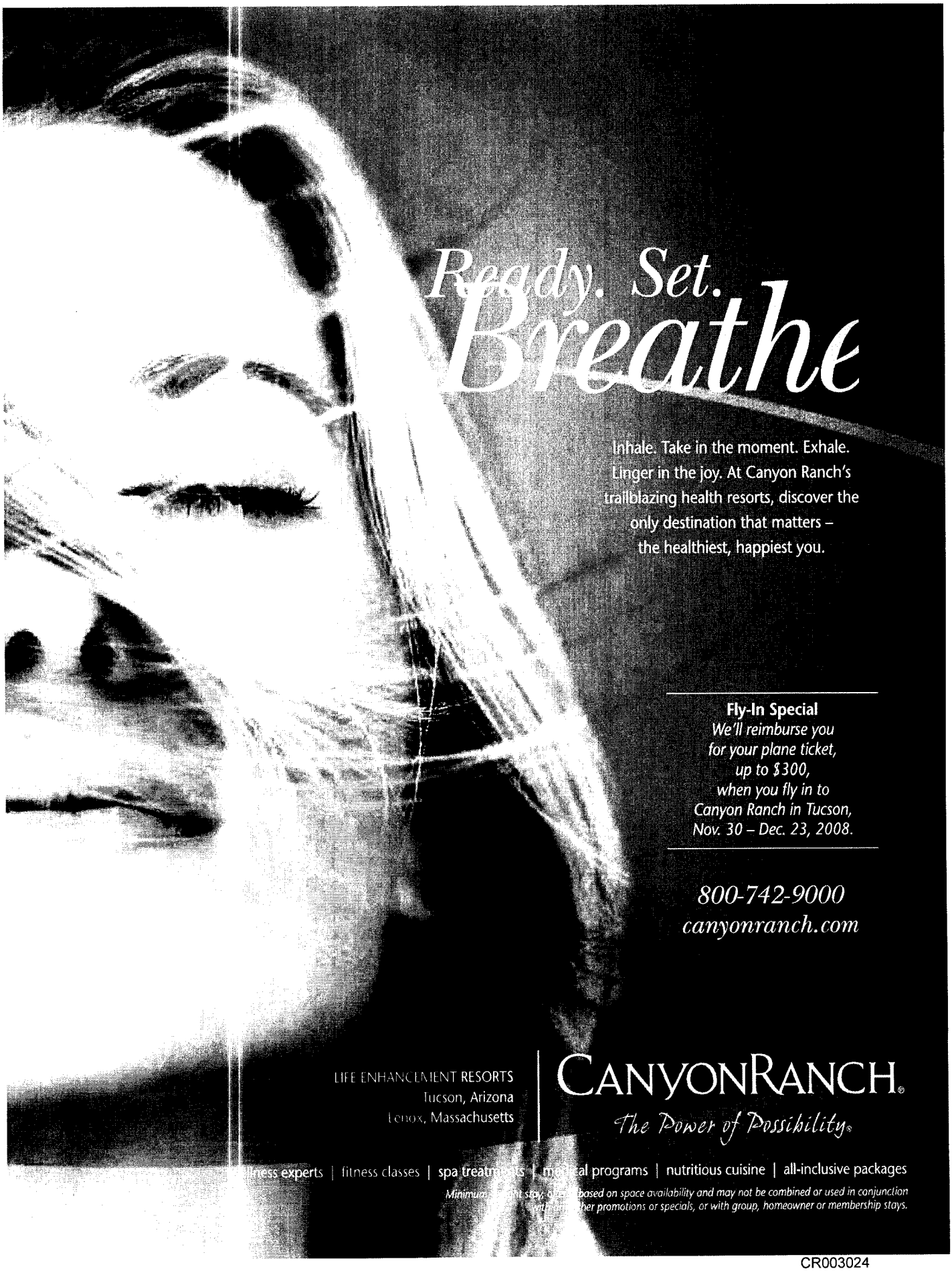
Ready. Set.
Breathe
Inhale. Take in the moment. Exhale. Linger in the joy. At Canyon Ranch's trailblazing health resorts, discover the only destination that matters – the healthiest, happiest you.
Fly-In Special
We'll reimburse you for your plane ticket, up to $300, when you fly in to Canyon Ranch in Tucson, Nov. 30 – Dec. 23, 2008.
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Minimum night stay, offer based on space availability and may not be combined or used in conjunction with other promotions or specials, or with group, homeowner or membership stays.

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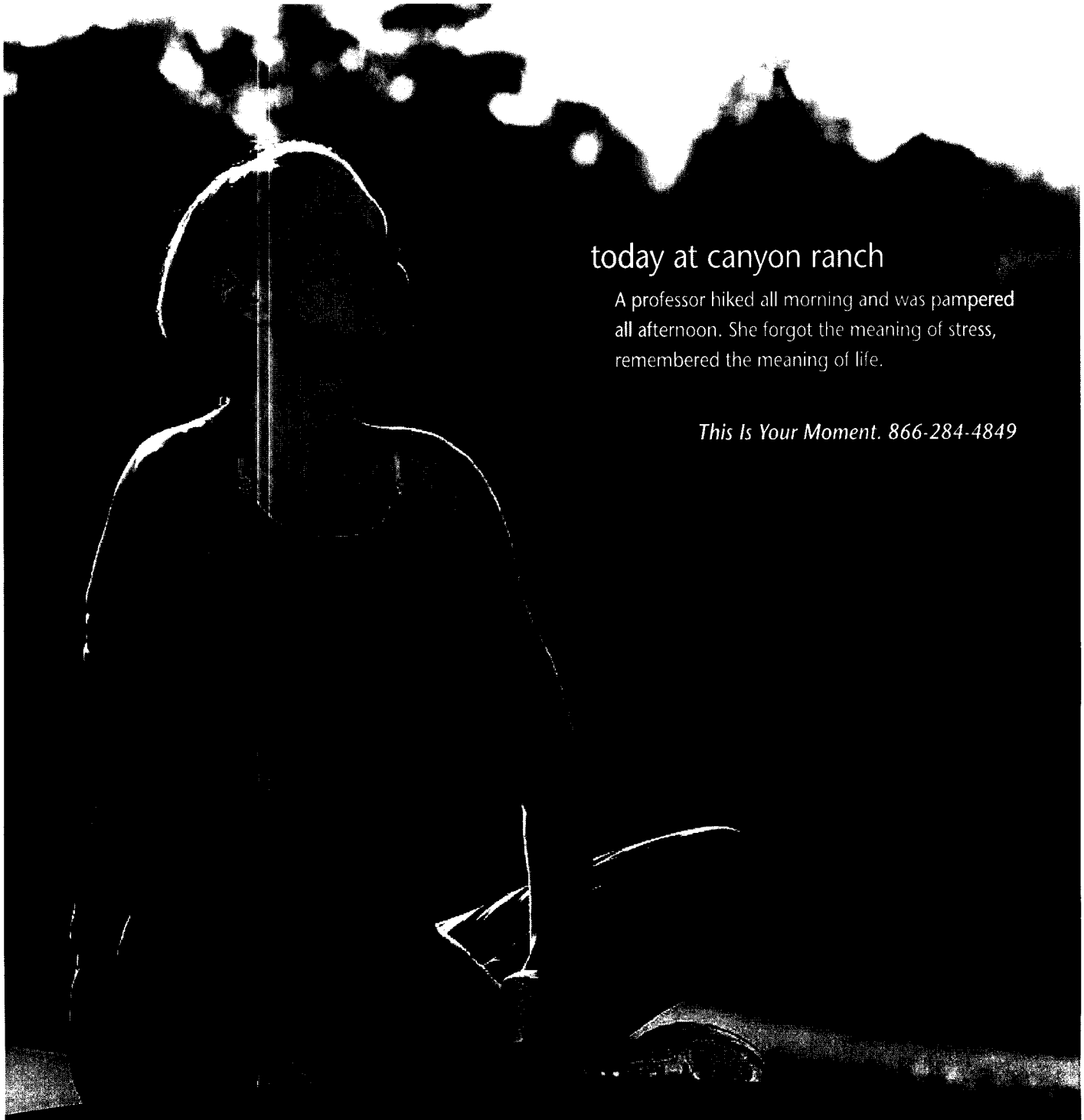

today at canyon ranch

A professor hiked all morning and was pampered all afternoon. She forgot the meaning of stress, remembered the meaning of life.

This Is Your Moment. 866-284-4849

SHARE CANYON RANCH AND SAVE

Discover Canyon Ranch in Tucson, Arizona, or Lenox, Massachusetts, with a friend who also has not been to Canyon Ranch – you'll both save 15% on your all-inclusive stay when you share accommodations. Simply mention "Two New, Too Terrific" when you call 866-284-4849.

Valid through December 24, 2010. Some restrictions apply.

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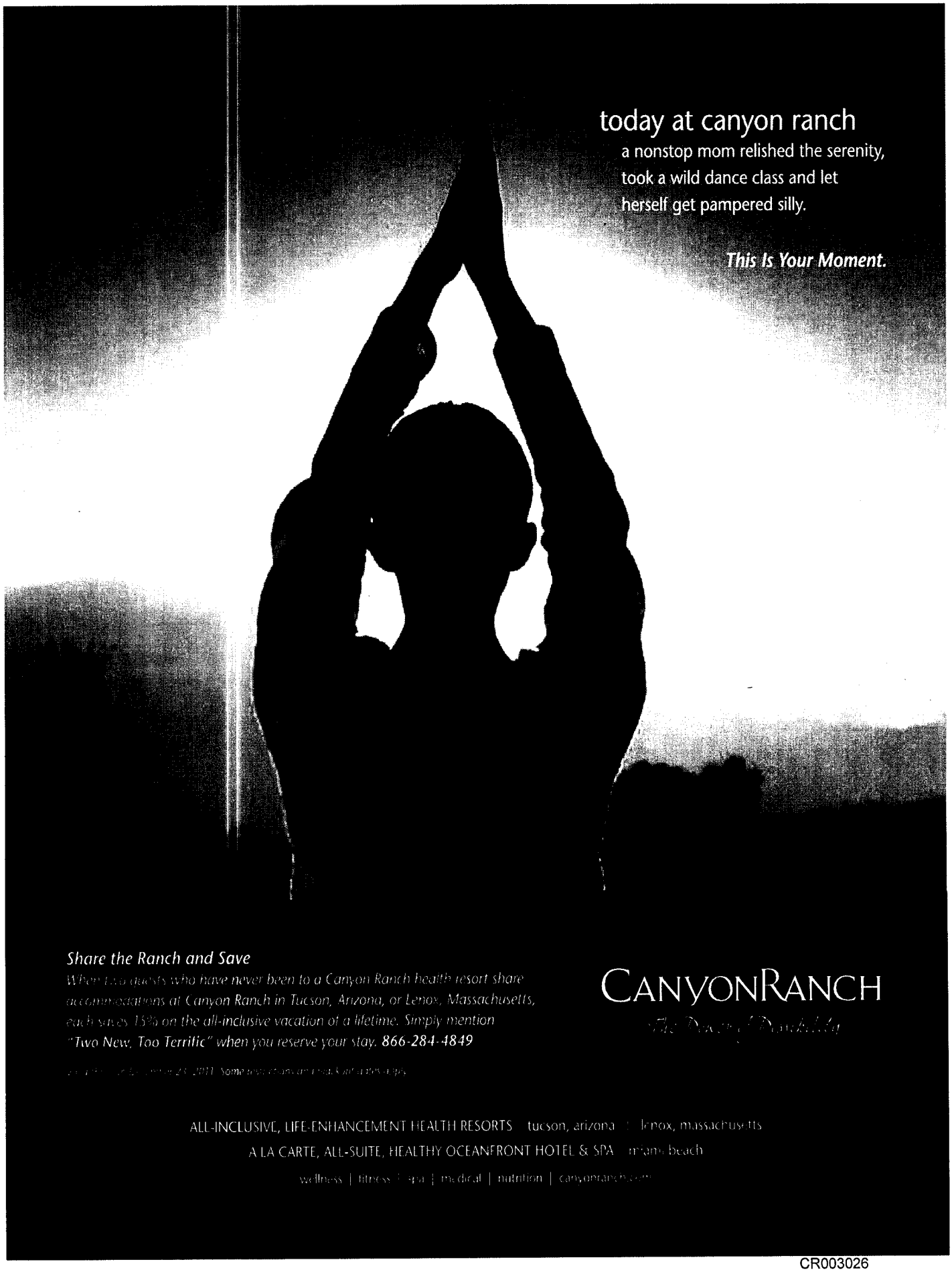
today at canyon ranch
a nonstop mom relished the serenity,
took a wild dance class and let
herself get pampered silly.
This Is Your Moment.
Share the Ranch and Save
When two guests who have never been to a Canyon Ranch health resort share accommodations at Canyon Ranch in Tucson, Arizona, or Lenox, Massachusetts, each saves 15% on the all-inclusive vacation of a lifetime. Simply mention "Two New, Too Terrific" when you reserve your stay. 866-284-4849
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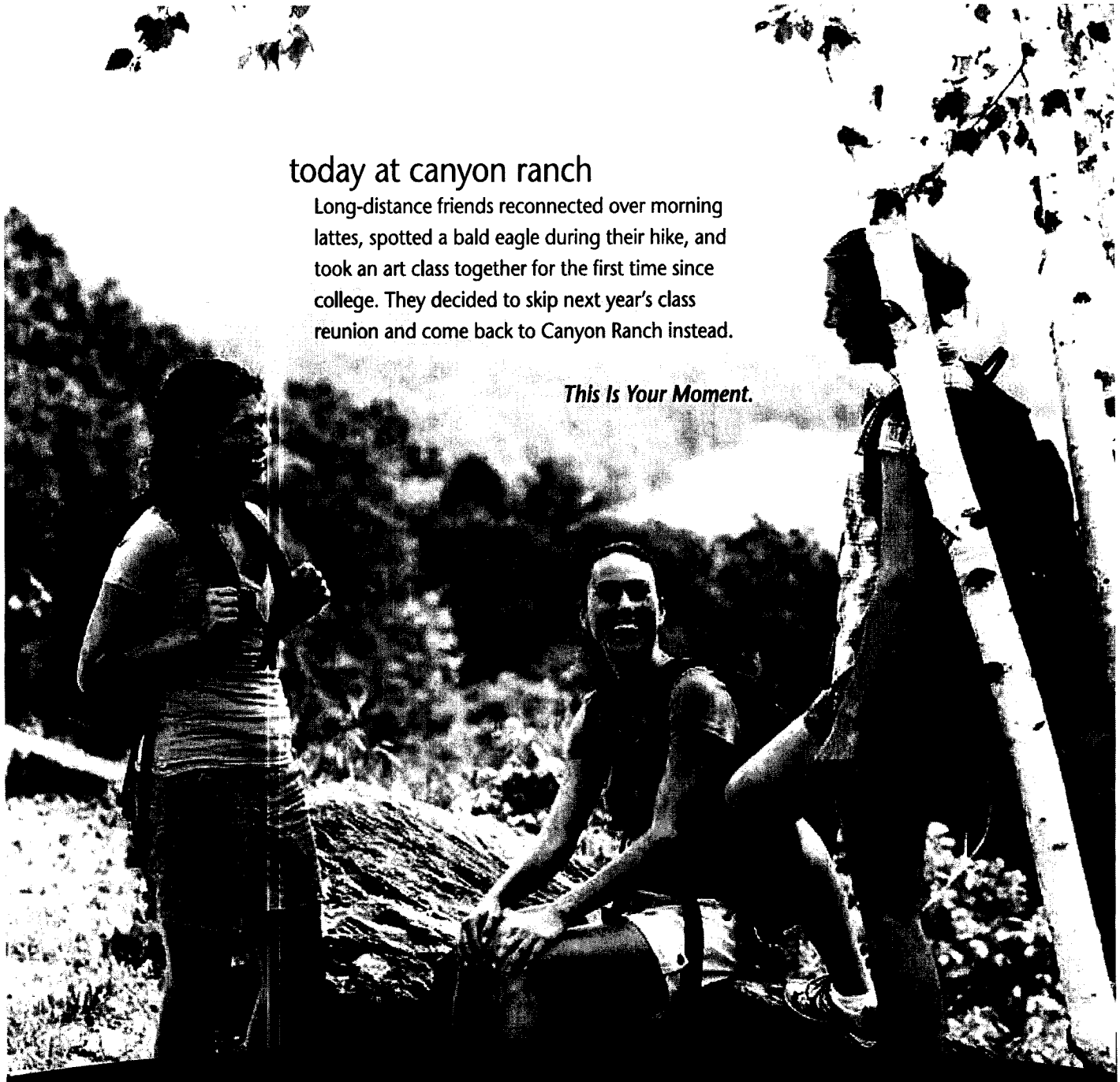

today at canyon ranch

Long-distance friends reconnected over morning lattes, spotted a bald eagle during their hike, and took an art class together for the first time since college. They decided to skip next year's class reunion and come back to Canyon Ranch instead.

This Is Your Moment.

Our Anniversary Means Savings for You

*Each year we celebrate our anniversary with something special for our guests. You'll automatically save 25% on your all-inclusive vacation of a lifetime at Canyon Ranch in Lenox, Massachusetts, September 2 – 30, or in Tucson, Arizona, December 1 – 20, 2013. Simply mention "**Anniversary Special**" when you reserve your stay.*

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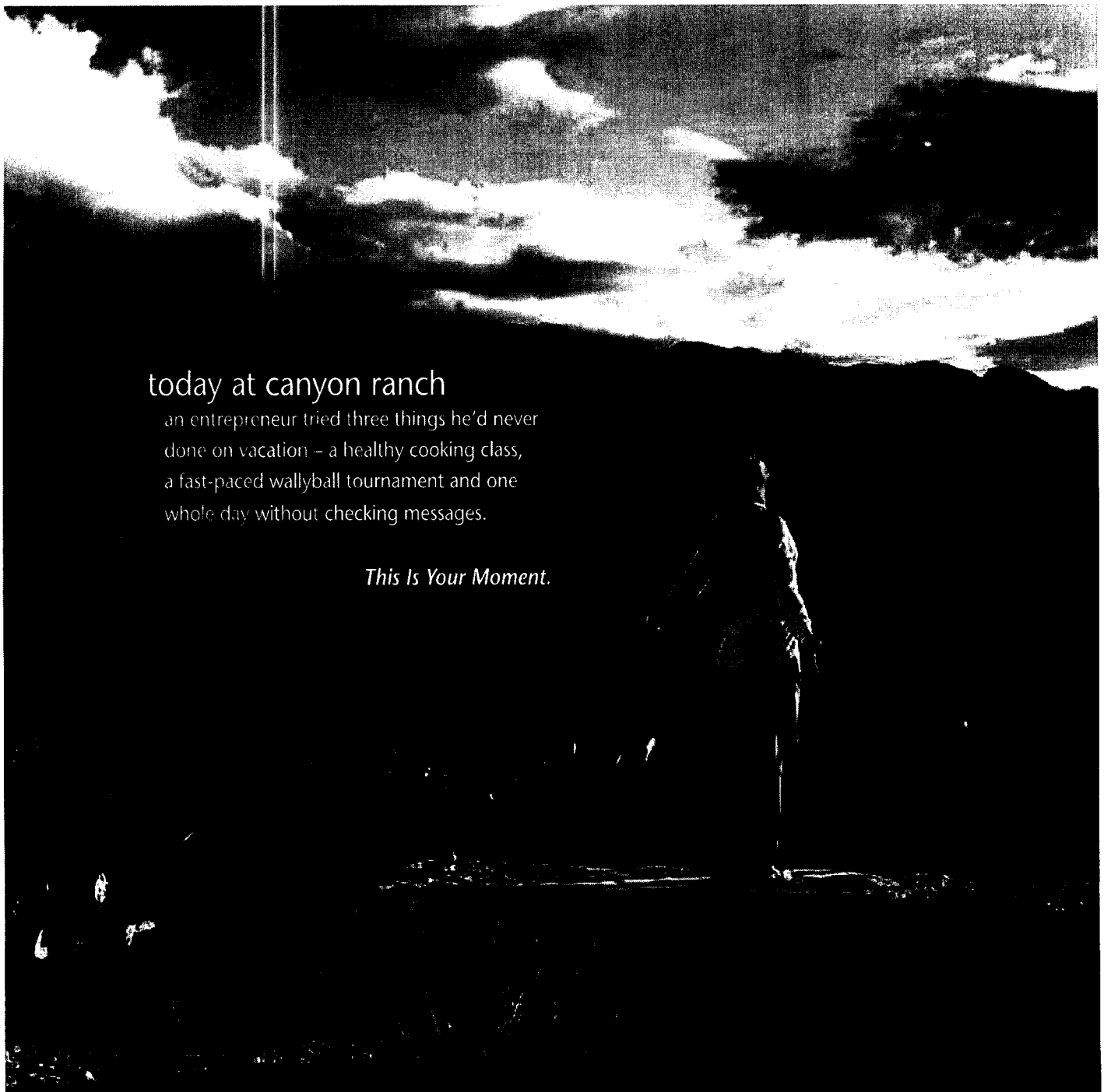

today at canyon ranch

an entrepreneur tried three things he'd never done on vacation – a healthy cooking class, a fast-paced wallyball tournament and one whole day without checking messages.

This Is Your Moment.

Vote for you – and enjoy great savings

Escape the election-year clamor and discover a place where all is tranquil, joy prevails and the winner is always you. At Canyon Ranch in sunny Tucson, Arizona, and lovely Lenox, Massachusetts, all first-time guests save 20% on an all-inclusive stay of four or more nights. Simply mention ***"Discover, Recover & Save"*** *when you call* ***866-284-4849.***

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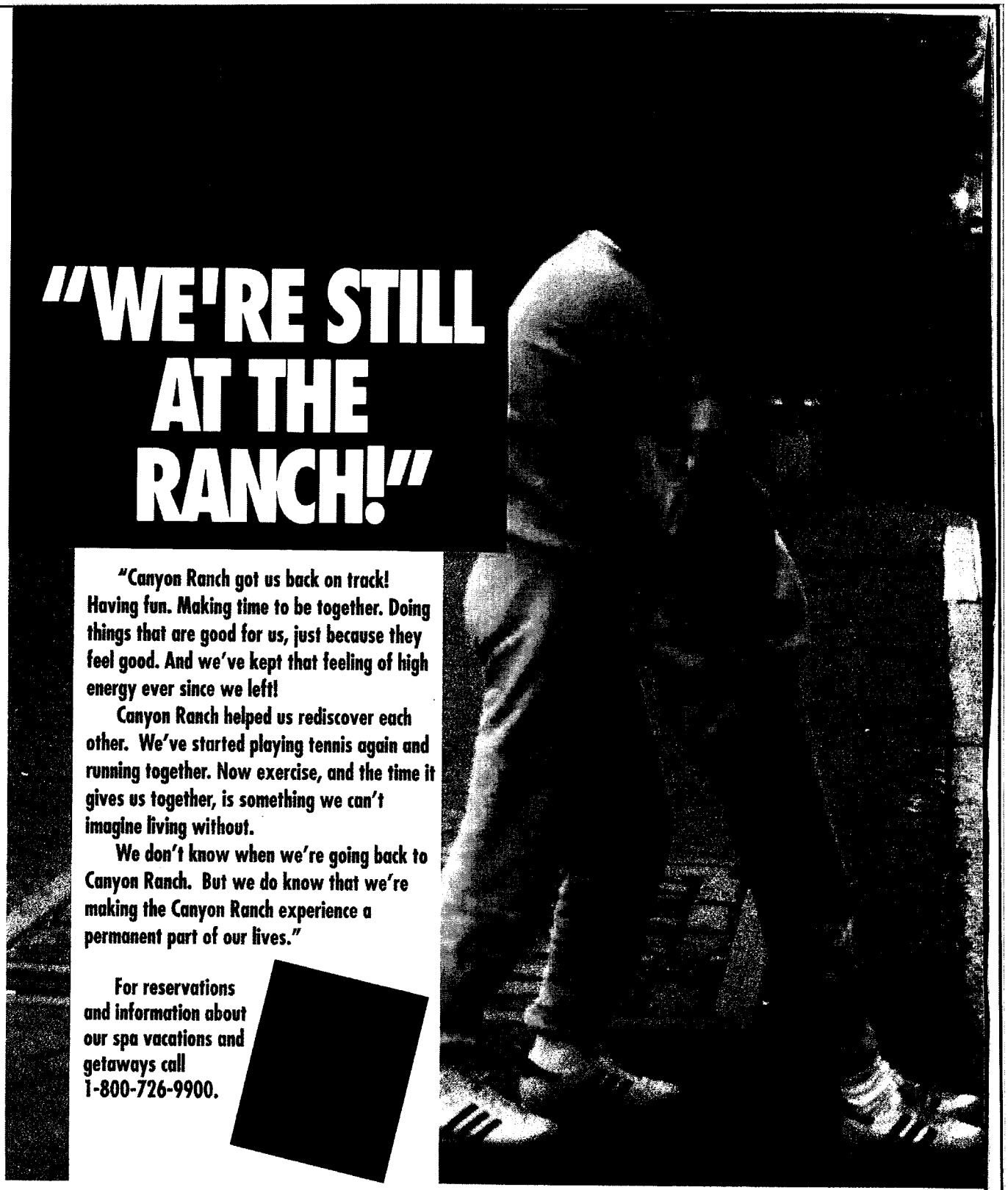

"WE'RE STILL AT THE RANCH!"

"Canyon Ranch got us back on track! Having fun. Making time to be together. Doing things that are good for us, just because they feel good. And we've kept that feeling of high energy ever since we left!

Canyon Ranch helped us rediscover each other. We've started playing tennis again and running together. Now exercise, and the time it gives us together, is something we can't imagine living without.

We don't know when we're going back to Canyon Ranch. But we do know that we're making the Canyon Ranch experience a permanent part of our lives."

For reservations and information about our spa vacations and getaways call 1-800-726-9900.

THE SPA THAT NEVER LEAVES YOU.℠

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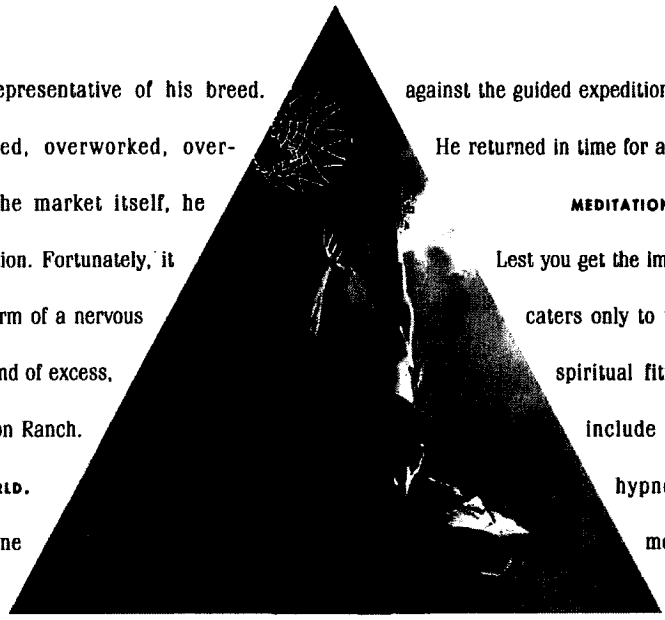
Proof of reincarnation.

{The tale of the stockbroker who came back as a human being.}

He was representative of his breed. Overstressed, overworked, overindulged. And like the market itself, he was due for a correction. Fortunately, it did not come in the form of a nervous breakdown or a weekend of excess, but in a visit to Canyon Ranch.



GOODBYE CRUEL WORLD.

After arriving here, one soon departs from life as usual. Our stockbroker began with a pick-up game of basketball. Then on to one of our many gyms. Here, a trainer helped him construct an exercise routine to rebuild his neglected infrastructure, which he then treated to a facial and an herbal massage.

WAKE UP AND SMELL THE PINE CONES.

Next day's agenda: get reacquainted with the "great outdoors," prime country for hiking and biking. Being a maverick, our man decided against the guided expeditions and pedaled off solo. He returned in time for a healthy gourmet meal.

MEDITATION, ANYONE?

Lest you get the impression Canyon Ranch caters only to the body, consider our spiritual fitness programs. These include stress management, hypnotherapy, tai chi and meditation, during which our broker was guided into a state of profound relaxation. (Warning: close your door before trying this at the office.)

LIFE AFTER CANYON RANCH.

Naturally, we've only touched on what Canyon Ranch offers. In the case of the stockbroker, he returned home a new man. More importantly, he stayed that way. For proof, just ask anyone who's ever been reborn here. For reservations and information, simply call: 800-726-9900.

Canyon Ranch®

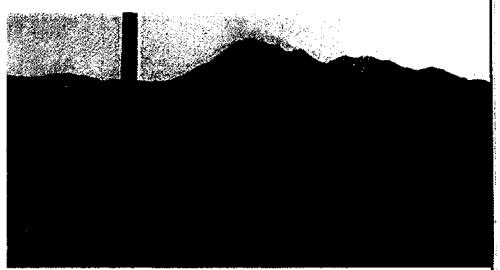
LENOX, MASSACHUSETTS • TUCSON, ARIZONA

CR003030

THE SPA THAT NEVER LEAVES YOU.

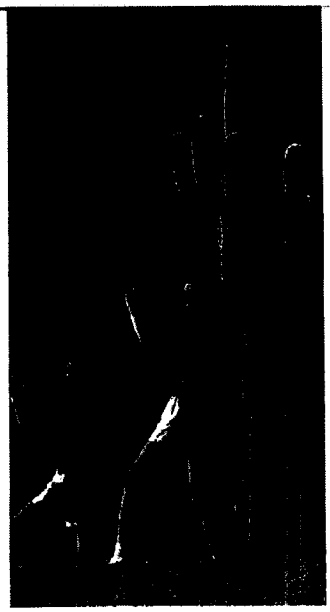
There are a lot of reasons to go to a spa. To unwind, and reduce stress. To improve your fitness level. Get some pampering. Lose some weight. And, hopefully, feel more in control of your life.

But nothing accomplished during a stay at a spa is worth much if your glow and newfound life disappear ten minutes or ten days after you've rejoined the 'real world.'



Canyon Ranch is more than a spa. People who have been here have gained a vitality that they never lose. Some think that Canyon Ranch has a 'special magic.' It's not magic. It's the personal attention that gets you on track and keeps you there because it feels so good.

HIKE OVER TO THE NEXT SIDE.



[redacted]

We never forget that you're on vacation. Enjoying your vacation without feeling deprived is the number one priority. Because if you feel as if you've given something up, the first thing you'll do is indulge yourself as soon as you leave.

The food at Canyon Ranch is a real surprise. None of it tastes like diet food because it's not—it's actually gourmet fare that's healthy. Even though you're encouraged to stay within a suggested number of calories, you'll never feel hungry because the food is so satisfying.

You can choose from over 50 fitness classes a day, hikes, walks, swimming, tennis, cycling. All are offered at several levels, so that you'll never feel inadequate or too advanced. While you can do as much or as little as you want, there's a 2 to 1 ratio of staff to guests to teach you, to guide you and to pamper you, and to give the special personal attention needed to achieve your individual goals.

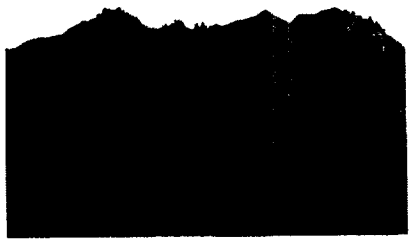
The emphasis at Canyon Ranch is on showing you how to enjoy keeping fit, rather than considering it a rigorous discipline. So, after leaving the Ranch, instead of dreading a workout, you'll actually miss exercising when you skip it.

[redacted]

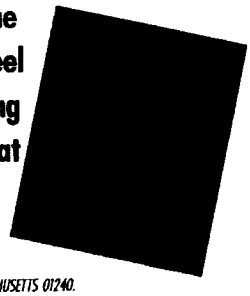
Above all, at Canyon Ranch, you'll learn how simple it is to extend the 'joy of life' that you discover here, into your everyday life. You're given more tools for self-improvement. You learn how to age better by living younger.

[redacted]

A Canyon Ranch stay is a 'lifestyle' vacation, rather than an 'indulgent' vacation that leaves you needing one. It's no wonder that 3 out of 4 guests return for more of the magic exhilaration of Canyon Ranch. And unlike other spas, almost half the guests are men.

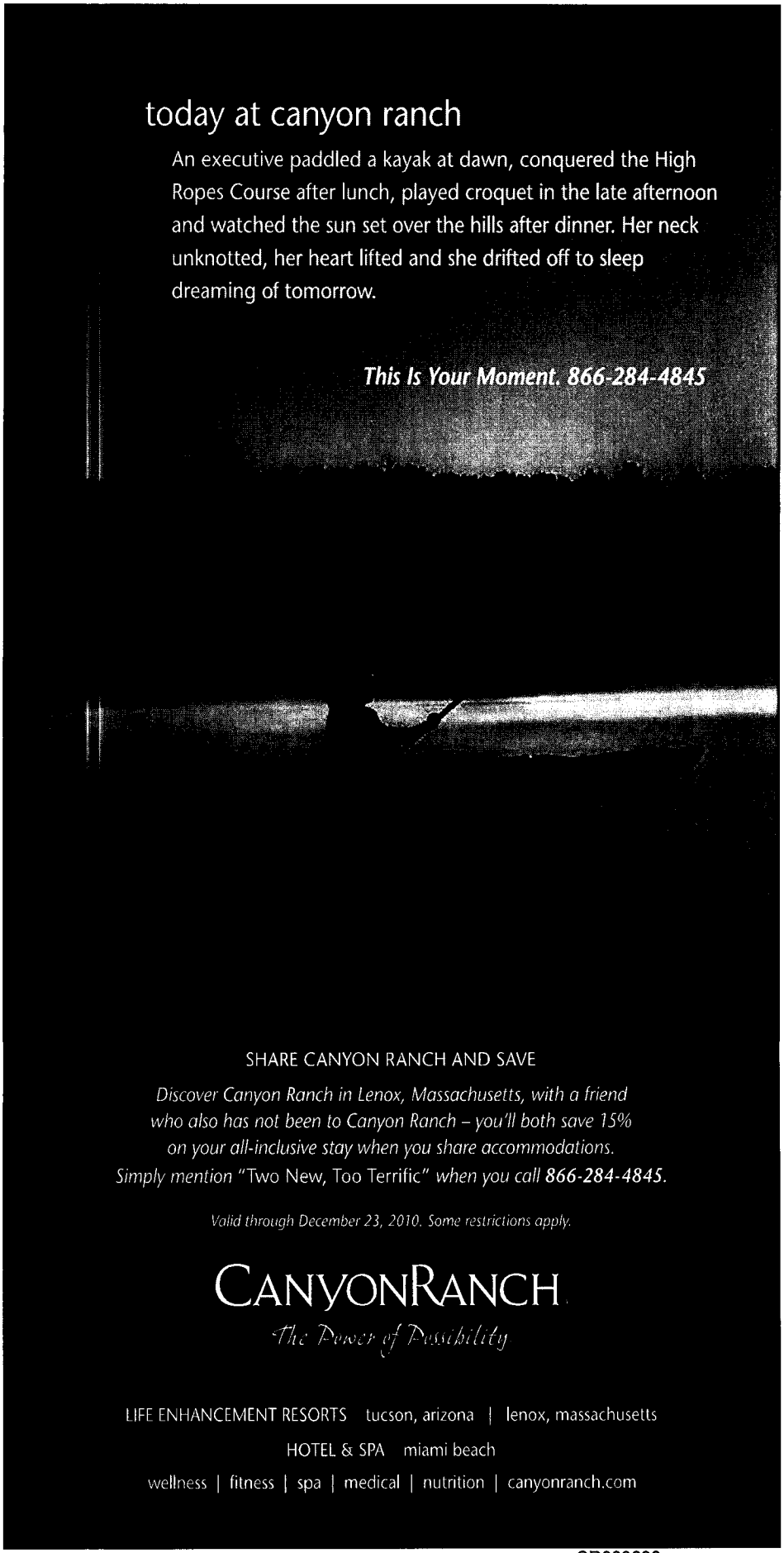


Canyon Ranch will help you realize that you're the most important person in the world and deserve to feel good for the rest of your life. You'll come home feeling incredibly well in mind, body and spirit—happy that at last you are in control of your life.



For more information or reservations, please call 1-800-742-9000.

CANYON RANCH IN TUCSON: 8600 EAST ROCKCLIFF ROAD, TUCSON, ARIZONA 85715. CANYON RANCH IN THE BERKSHIRES: BELLEFONTAINE, KEMBLE STREET, LENOX, MASSACHUSETTS 01240.


today at canyon ranch
An executive paddled a kayak at dawn, conquered the High Ropes Course after lunch, played croquet in the late afternoon and watched the sun set over the hills after dinner. Her neck unknotted, her heart lifted and she drifted off to sleep dreaming of tomorrow.
This Is Your Moment. 866-284-4845
SHARE CANYON RANCH AND SAVE
Discover Canyon Ranch in Lenox, Massachusetts, with a friend who also has not been to Canyon Ranch – you'll both save 15% on your all-inclusive stay when you share accommodations. Simply mention "Two New, Too Terrific" when you call 866-284-4845.
Valid through December 23, 2010. Some restrictions apply.
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The Power of Possibility
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Life Enhancement Program℠

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ElderCamp®

People 60 or better can improve health by exploring self-image, healthy eating and positive approaches to aging.

Dealing With Diabetes

Learn management strategies to reduce health risks related to adult-onset type II diabetes.

Living With Arthritis

Enjoy a more active lifestyle through education in exercise, nutrition and stress management.

Healthy Heart

If you're at risk or have heart disease, learn to take a more active role in prevention and recovery.

A week at world-renowned Canyon Ranch – the healing desert oasis in Tucson, Arizona – could be your first step toward healthier living.

Every year thousands of Canyon Ranch guests return home feeling stronger, more vital and committed to healthy living. We offer special week-long programs to make it easier for you to actively pursue wellness goals and have a great time doing it.

A week at Canyon Ranch includes just about everything:

- fitness activities for all fitness levels
- preventive medicine consultations with leading medical professionals
- nutrition and stress management guidance tailored to your needs
- rejuvenating body treatments

FIVE-TIME WINNER Travel+Leisure BEST SPA OF THE 90s

Experience it for a week, live it for a lifetime℠

Canyon Ranch.
HEALTH RESORT
Tucson, Arizona

800-726-9900

Week-long program packages include accommodations, meals, gratuities, airport transfers, workshops, lectures, use of all facilities and a selection of wellness and spa services.

Tennis TRAVELOGUE —'97—

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Canyon Ranch.

INFORMATION: 1-800-726-9900; RESERVATIONS: 1-800-742-9000

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Lit outdoor courts include 6 Laykold and 2 Omni. Intermediate to advanced 2 clinics/day; 2 tournaments/week; beginner clinic 5 days/week, video analysis and private or group lessons with a staff of 7 USPTA pros.

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3 outdoor Har-Tru, 3 indoor Plexi-pave, daily clinics, video analysis, round-robin tournaments and private or group lessons with a staff of 6 USPTA pros.

Whether you choose the sunny and mystical desert environs of Tucson, Arizona or the refreshing climate and charm of New England's Berkshire Mountain location, Canyon Ranch, the world's largest, award-winning health spa/resort, has a comprehensive package just for you.

Personal attention is the hallmark of Canyon Ranch, with a nearly 3:1 ratio of staff to guests. Individualized programs are specially designed to help each guest address particular needs and to learn to live a healthier and more balanced lifestyle.

Both locations have more than 250 daily healthy services and activities from which to choose — hiking, biking, aerobics, yoga, tai chi, nutrition, preventive and behavioral health consultations and a wide array of rejuvenating body treatments. Use of all facilities, fitness classes, spa treatments, gourmet spa meals, accommodations, all gratuities and more are included in every package.

Nourish your mind, body and spirit with a Canyon Ranch vacation that lasts a lifetime.

CALENDAR OF EVENTS

@ Canyon Ranch - Tucson

March	*Journey Through Midlife: A Women's Retreat (3/2-3/9/97)*
April & November	*Healthy Heart (4/13-4/20/97) (11/30-12/7/97)*
April & November	*Elder Camp (4/27-5/4/97) (11/16-11/23/97)*
May & August	*Life Enhancement with Andrew Weil (5/4-5/11/97)(8/3-8/10/97)*

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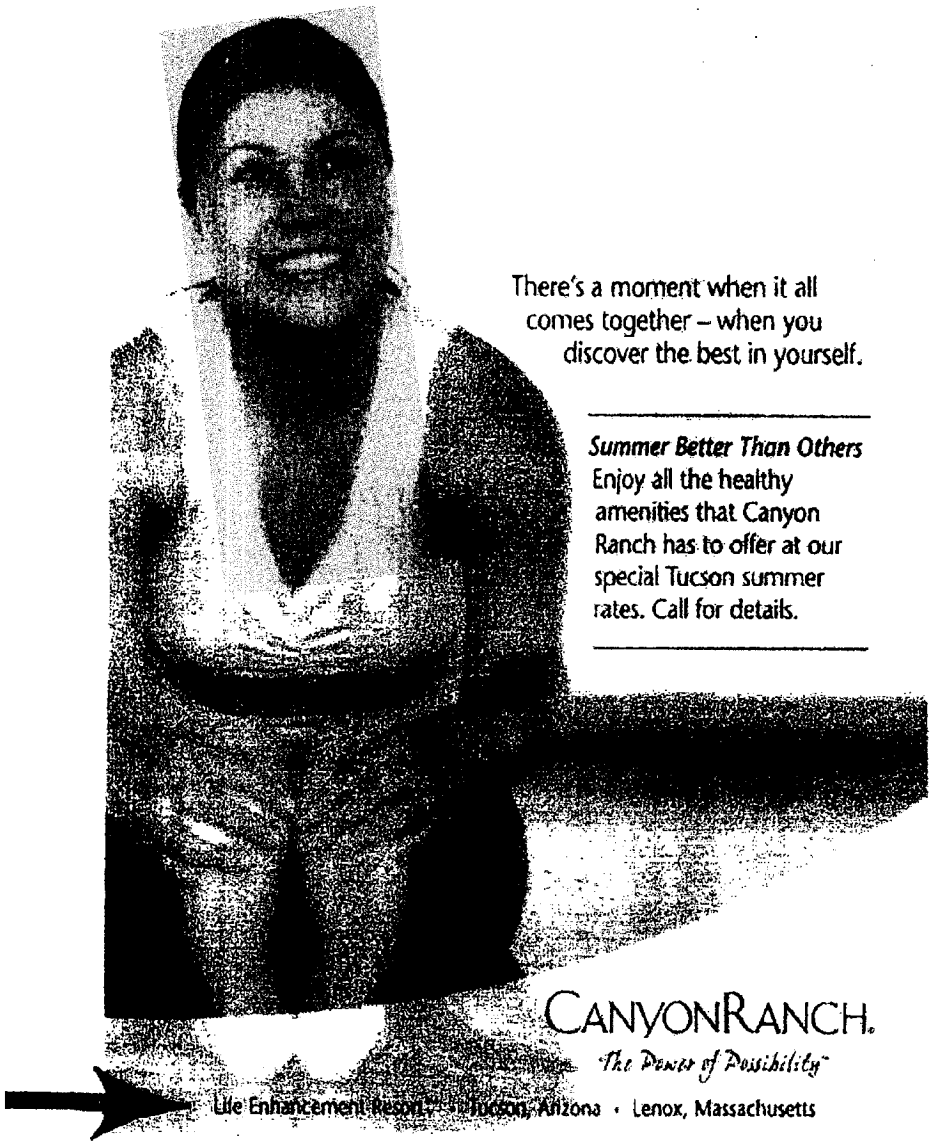
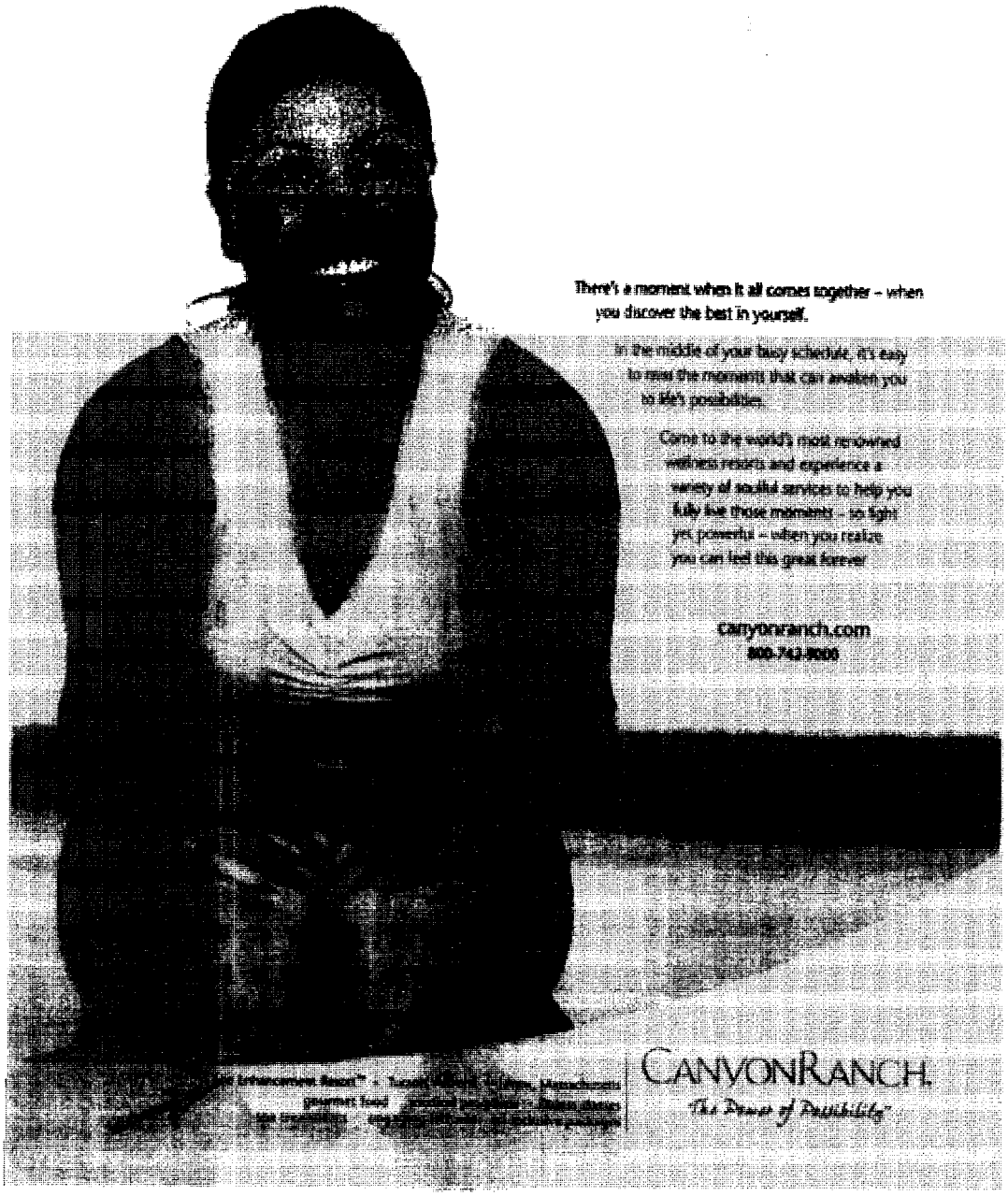

There's a moment when it all comes together – when you discover the best in yourself.
Summer Better Than Others
Enjoy all the healthy amenities that Canyon Ranch has to offer at our special Tucson summer rates. Call for details.
CANYONRANCH.
The Power of Possibility
Life Enhancement Resort • Tucson, Arizona • Lenox, Massachusetts


There's a moment when it all comes together – when you discover the best in yourself.
In the middle of your busy schedule, it's easy to miss the moments that can awaken you to life's possibilities.
Come to the world's most renowned wellness resorts and experience a variety of soulful services to help you fully live those moments – so light, yet powerful – when you realize you can feel this great forever.
canyonranch.com
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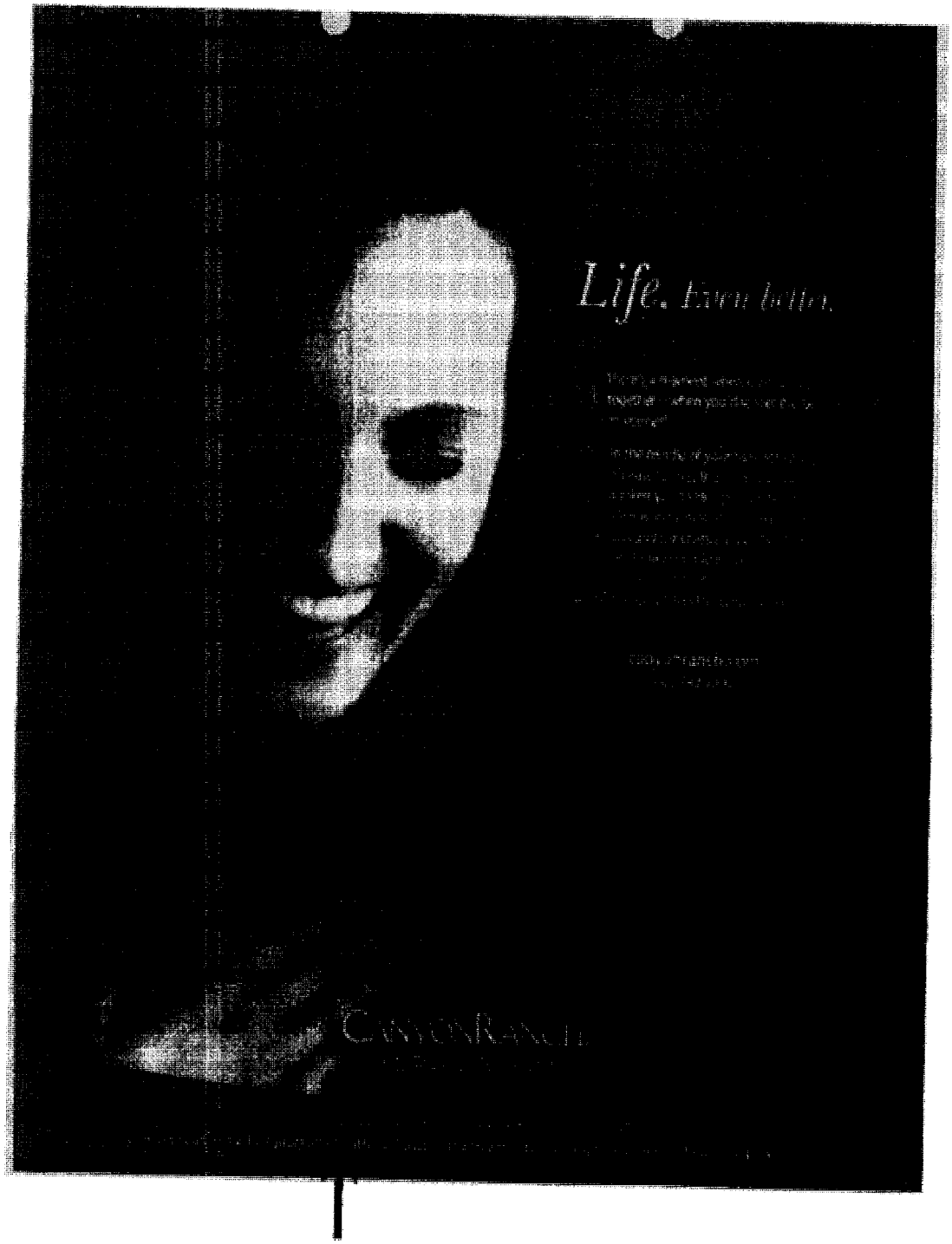
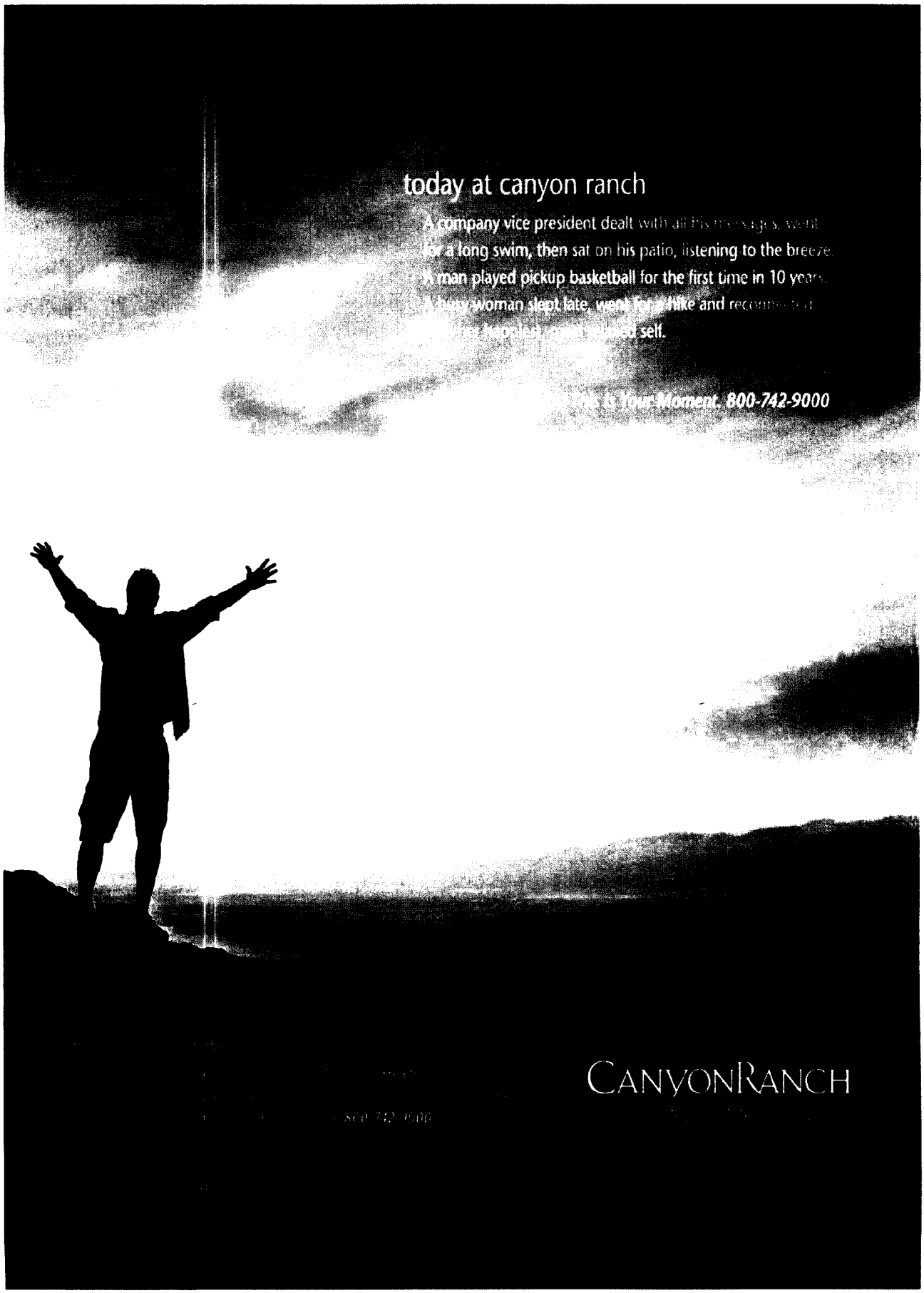
The Power of Possibility


Life. Even better.


today at canyon ranch
A company vice president dealt with all his messages, went
for a long swim, then sat on his patio, listening to the breeze.
A man played pickup basketball for the first time in 10 years.
A busy woman slept late, went for a hike and recommitted
to her happiest, most relaxed self.
This is Your Moment. 800-742-9000
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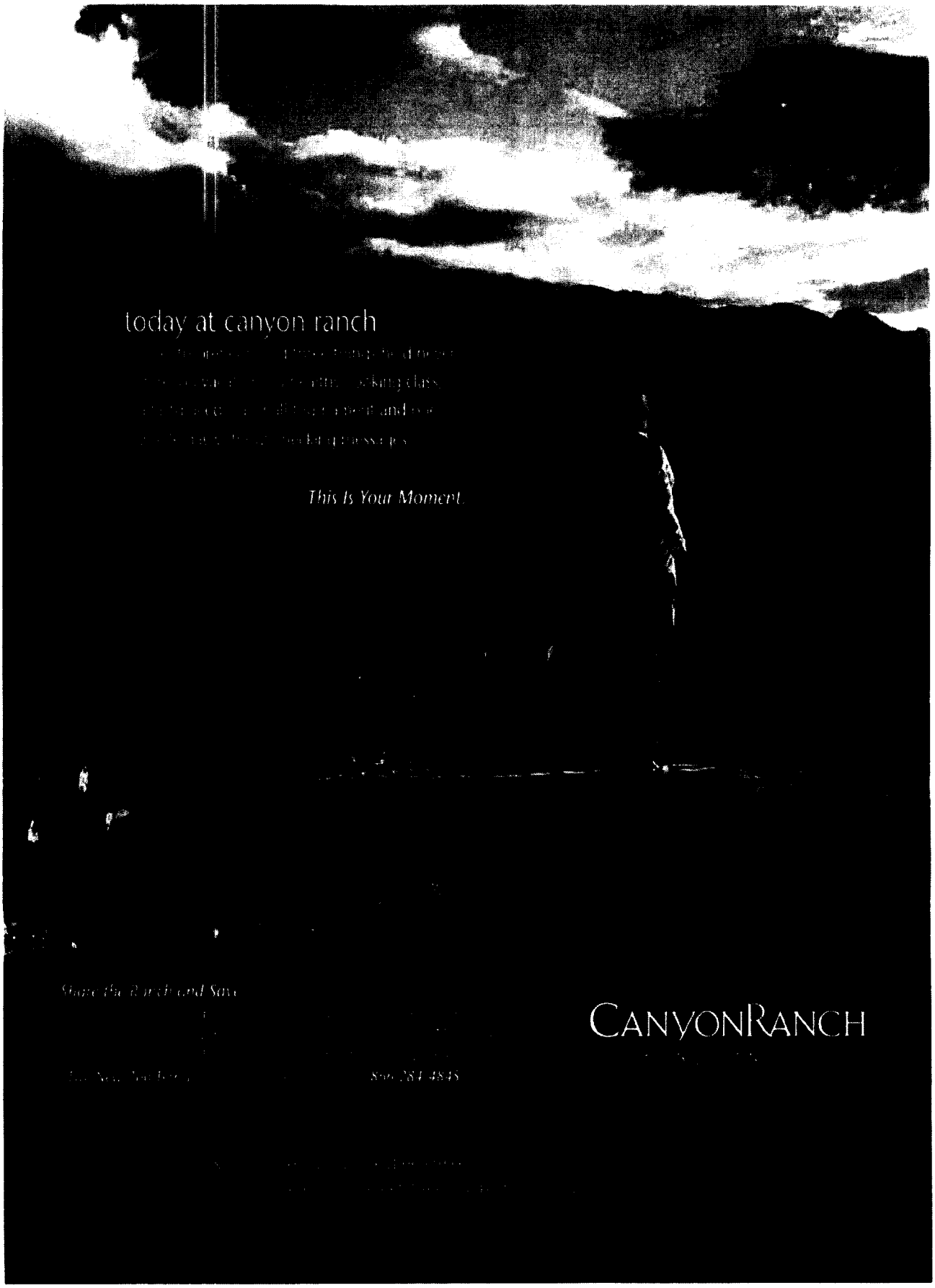
today at canyon ranch
This Is Your Moment
CanyonRanch

today at canyon ranch

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Save 15% on the healthy escape you need. Mention "Healthy 15" when you call to reserve your stay, and save on a revitalizing, all-inclusive stay in either Lenox or Tucson, now through April 30, 2009. 800-742-9000

*Some restrictions apply.

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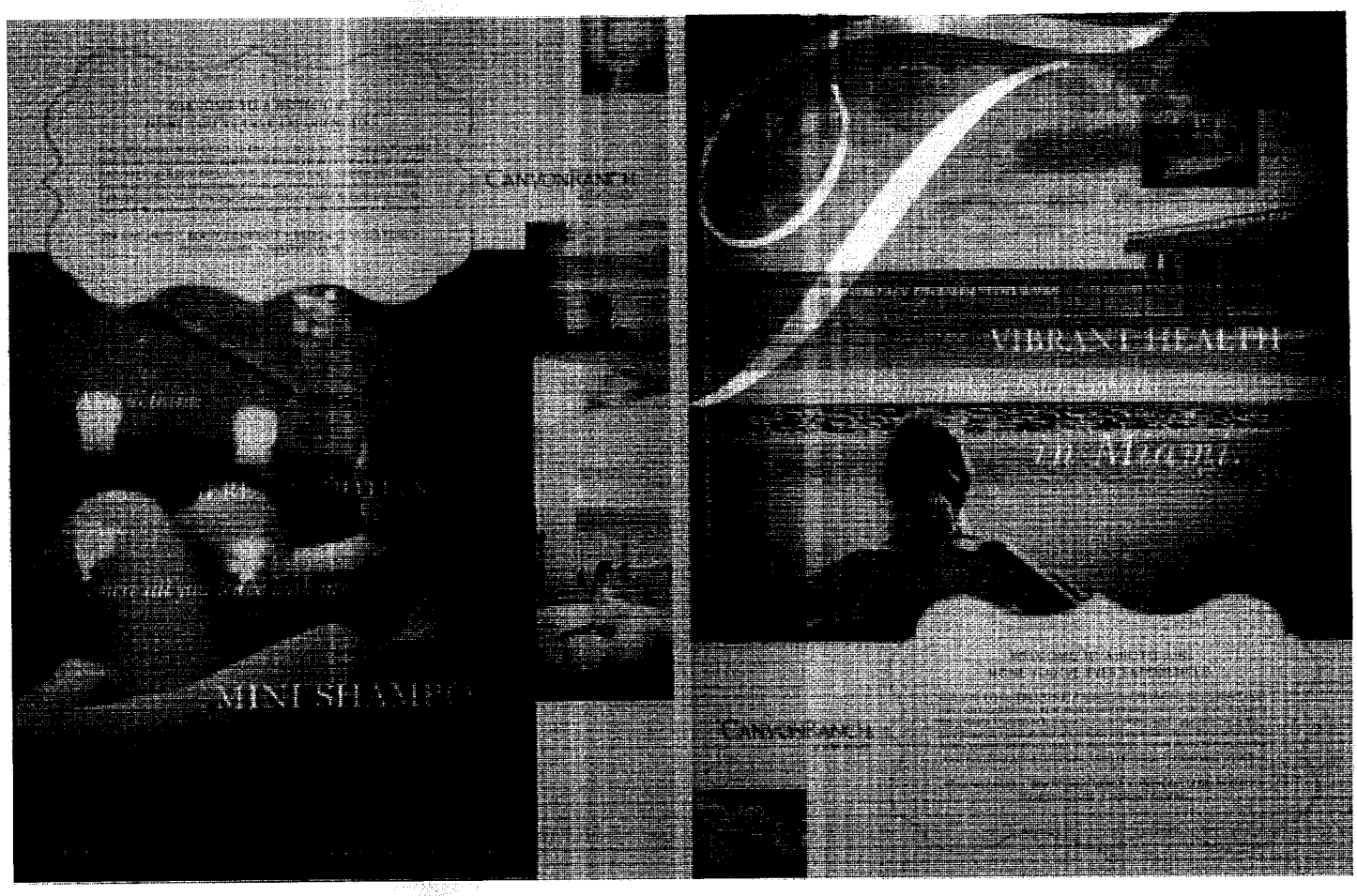

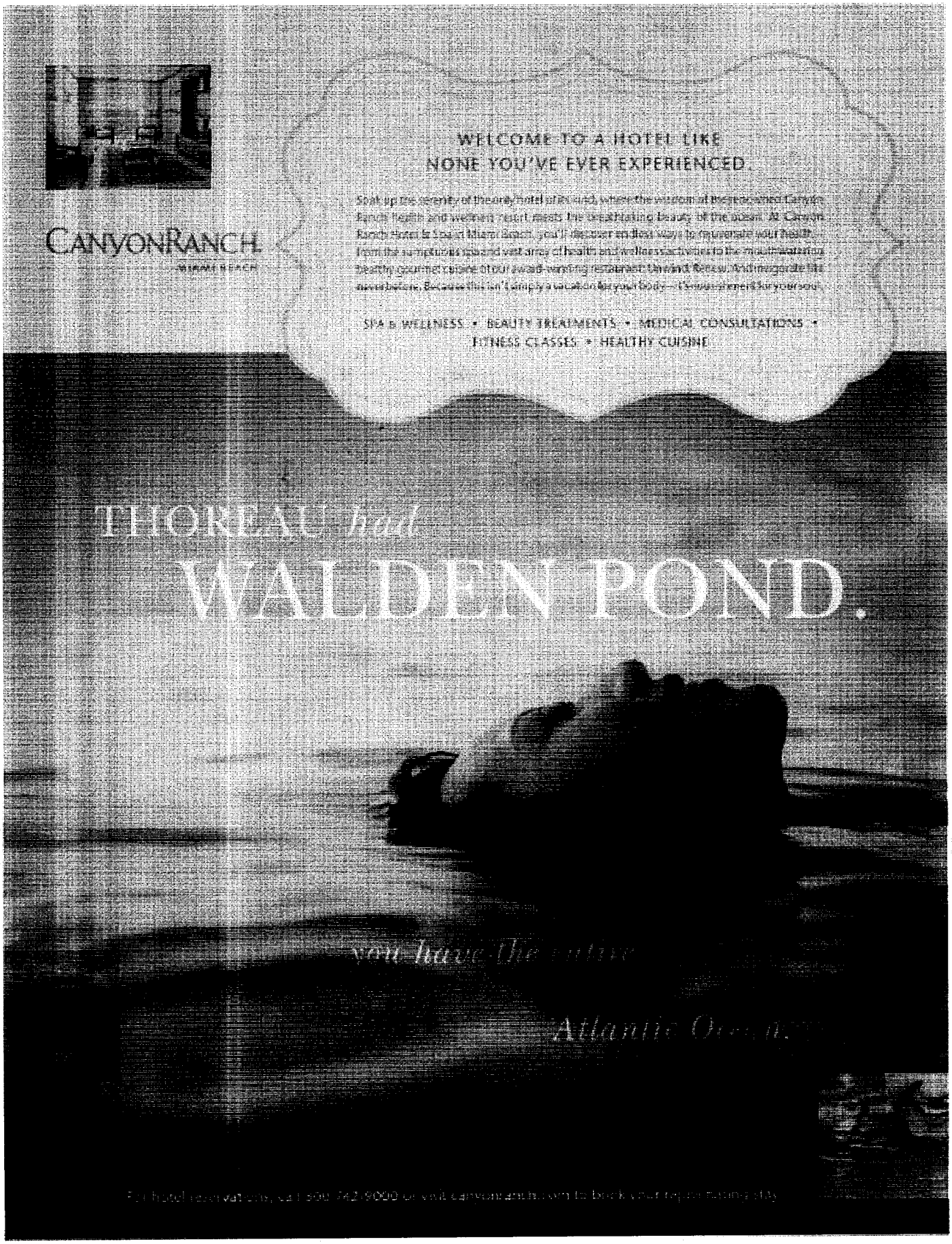
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WELCOME TO A HOTEL LIKE
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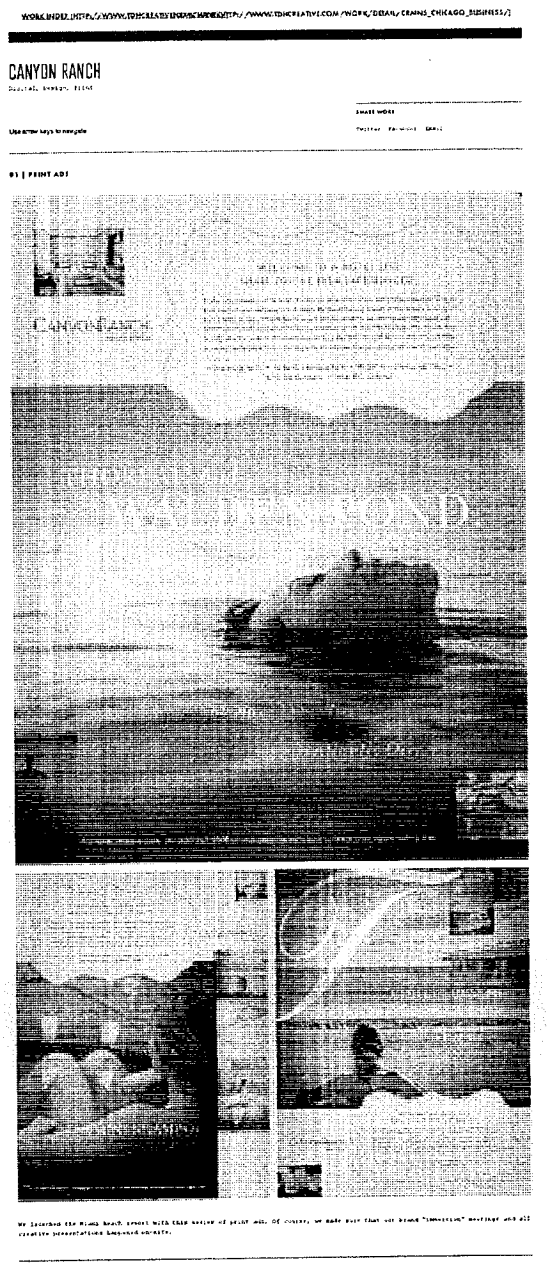

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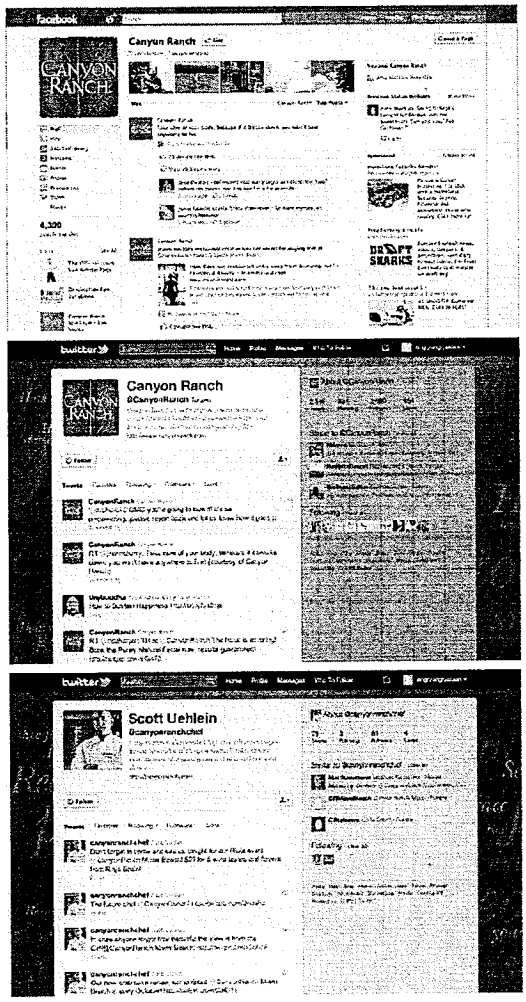
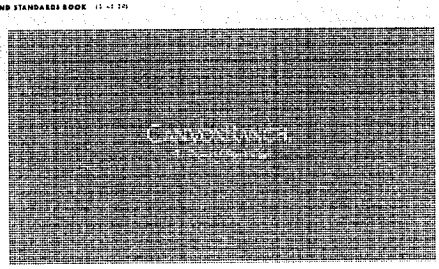
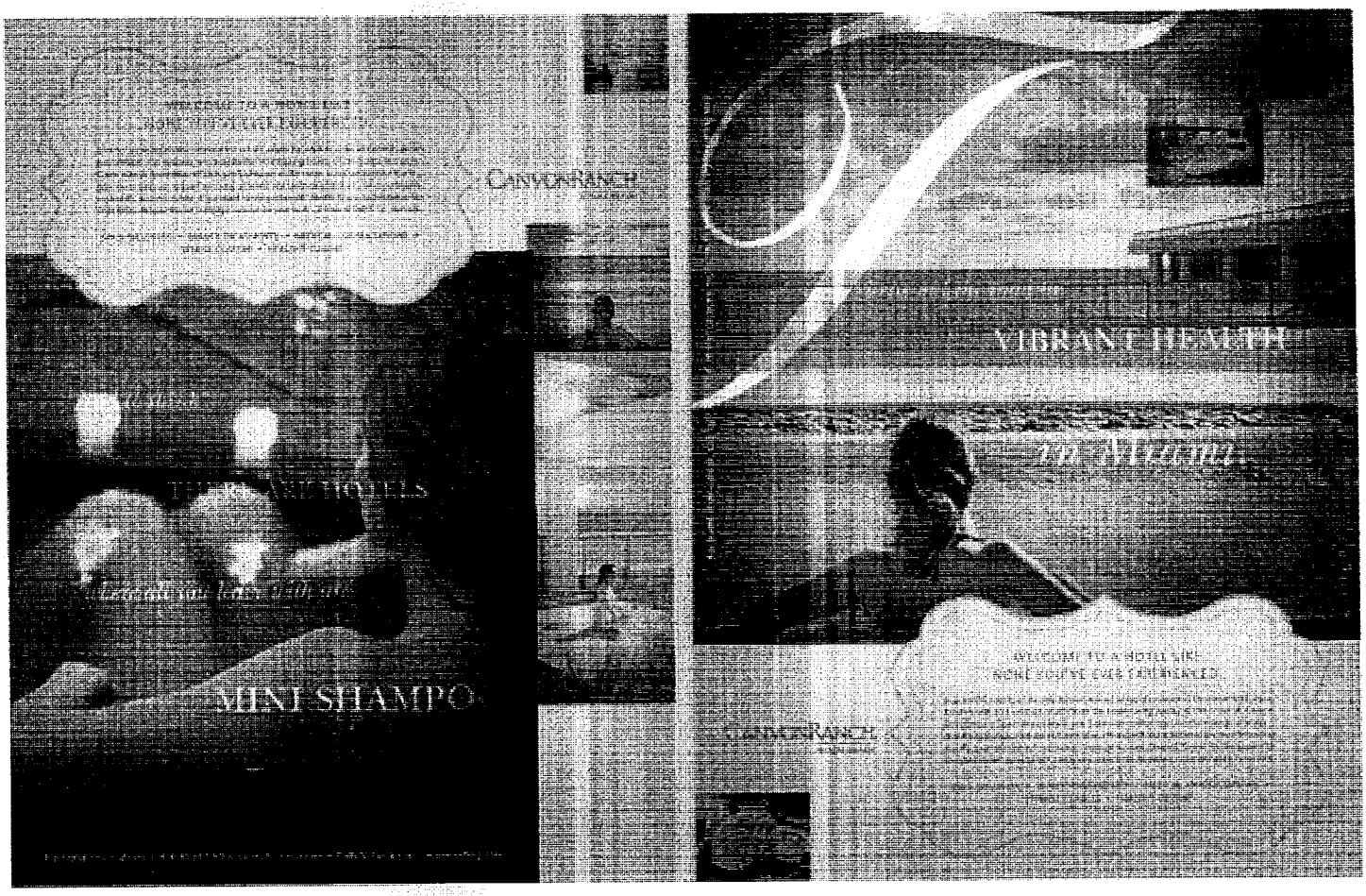
02 | SOCIAL MEDIA



03 - BRAND STANDARDS BOOK

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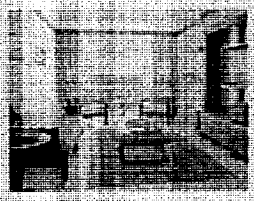
VIBRANT HEALTH
CANYON RANCH



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MIAMI BEACH

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WALDEN POND.

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Susan Seeley Roe

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BLOG
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Advertisements

Advertisements appeared in the New York Times to promote Canyon Ranch Miami Beach Hotel & Spa. They promoted a special offer for New York residents.

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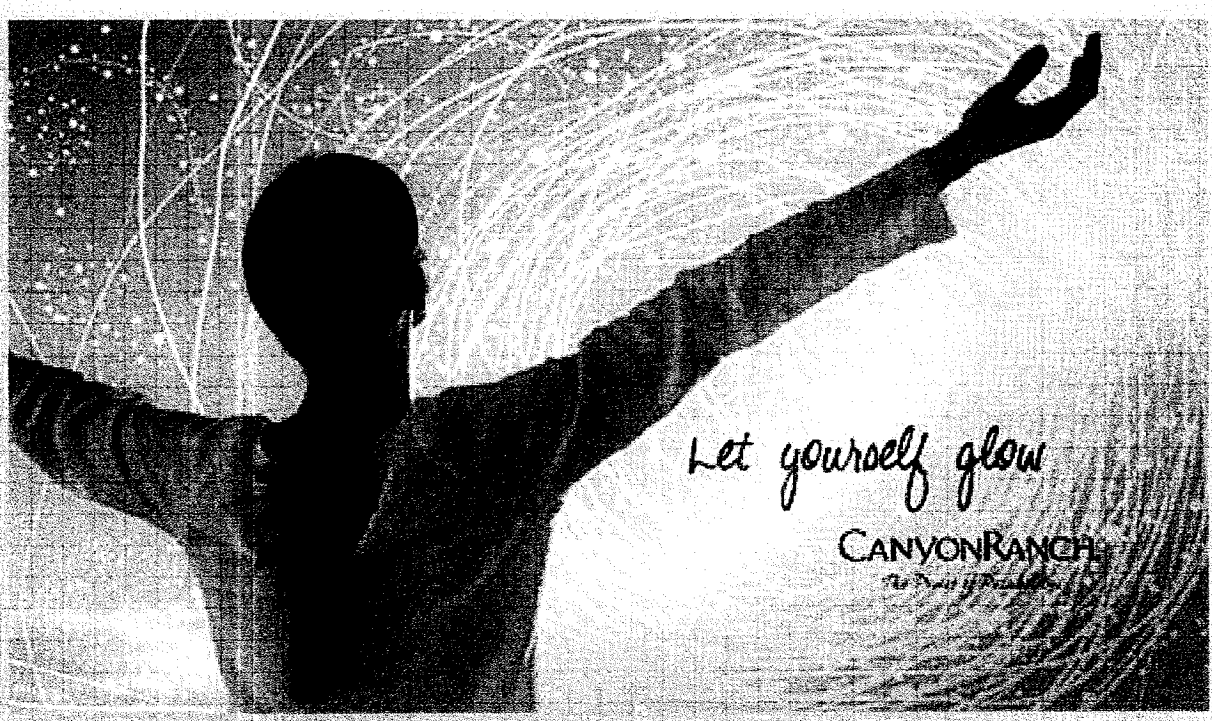
Let yourself glow
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The Power of Possibility

COME BACK to the place where your spirit soars, inspiration abounds and feel your absolute best.

Relax with your favorite body treatments, reenergize in exciting fitness classes, savor healthy cuisine, hike the trail that calls your name.

We'll make your next stay at Canyon Ranch in Tucson, Arizona, or Lenox, Massachusetts, even more memorable with a special gift from us – **an additional $130 allowance toward any Health & Wellness service, though December 2011.** Simply present this card to receive this offer. Don't you feel better already?

Glow | 800-742-9000
or call your Travel Professional

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canyonranch.com

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Canyon Ranch
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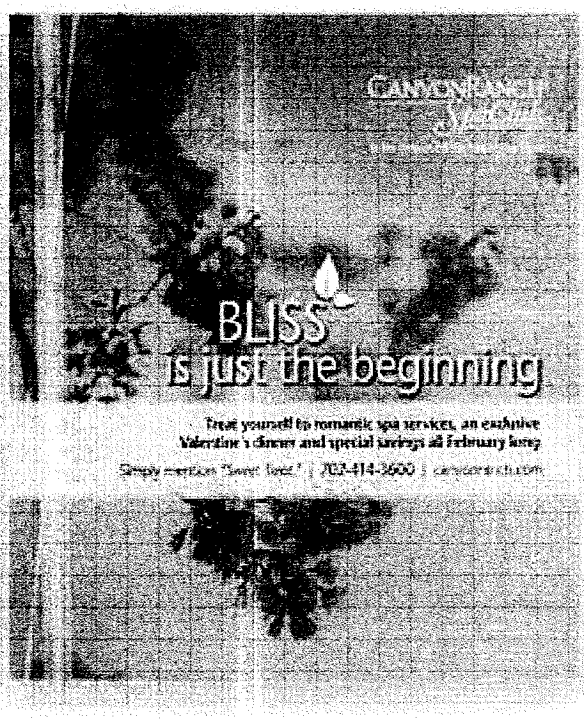
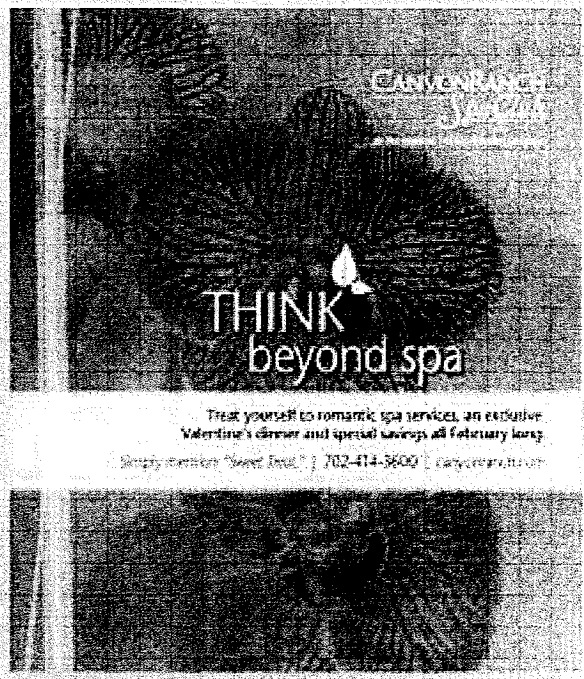
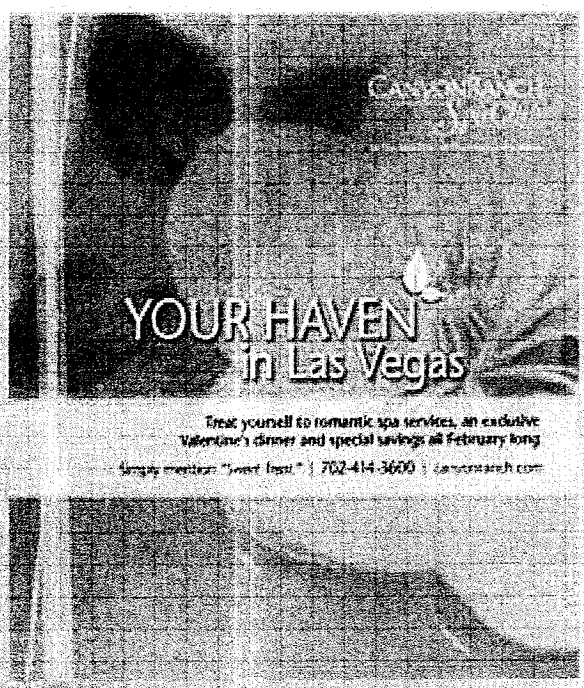
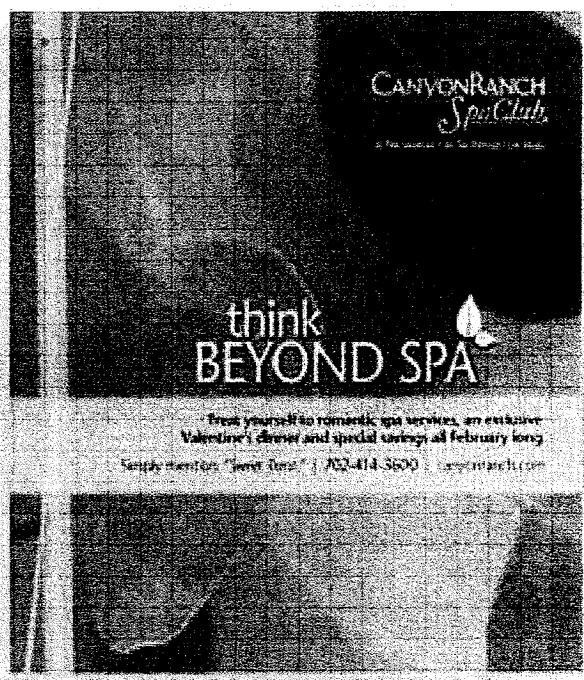
Tucson, AZ 85750


BLISS
is just the beginning
Treat yourself to romantic spa services, an exclusive
Valentine's dinner and special savings all February long


THINK
beyond spa
Treat yourself to romantic spa services, an exclusive
Valentine's dinner and special savings all February long


YOUR HAVEN
in Las Vegas
Treat yourself to romantic spa services, an exclusive
Valentine's dinner and special savings all February long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SpaClub
think
BEYOND SPA
Treat yourself to romantic spa services, an exclusive
Valentine's dinner and special savings all February long

MAY THE
OCEAN BREEZE
SWEETEN YOUR DAYS,
BRIGHTEN YOUR NIGHTS,
AND FOLLOW
YOU HOME
CANYONRANCH.
HOTEL & SPA
MIAMI BEACH
MAY THE
OCEAN BREEZE
SWEETEN YOUR DAYS, AND
FOLLOW
YOU HOME

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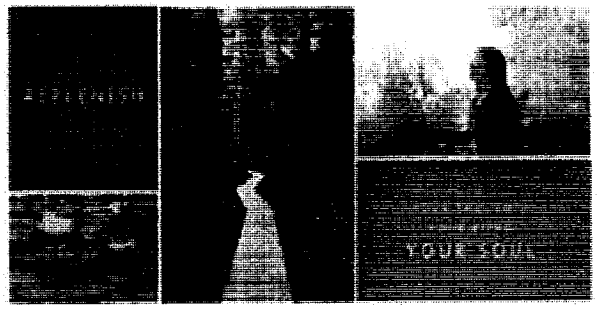
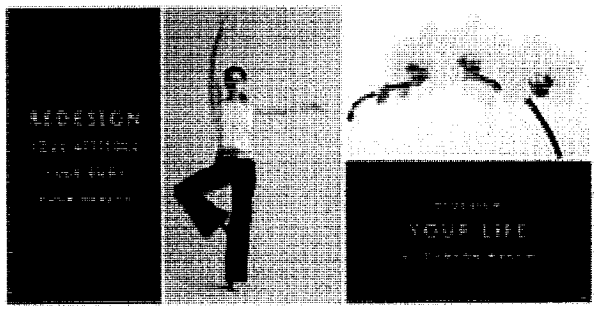


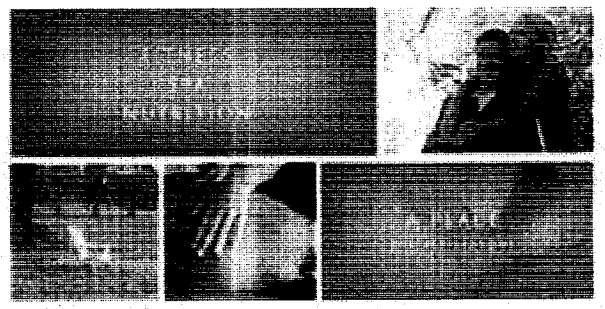
CELEBRATE SPIRITUALITY

CANYONRANCH



REDESIGN YOUR LIFE

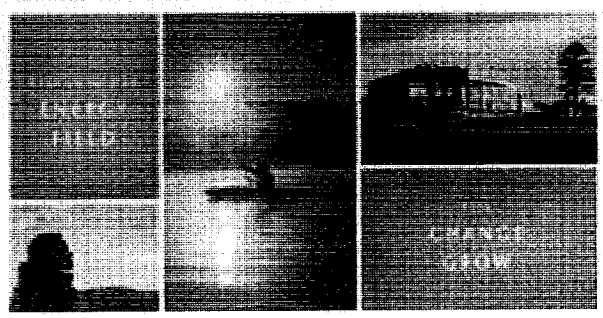
CANYONRANCH



SPRING SAVINGS

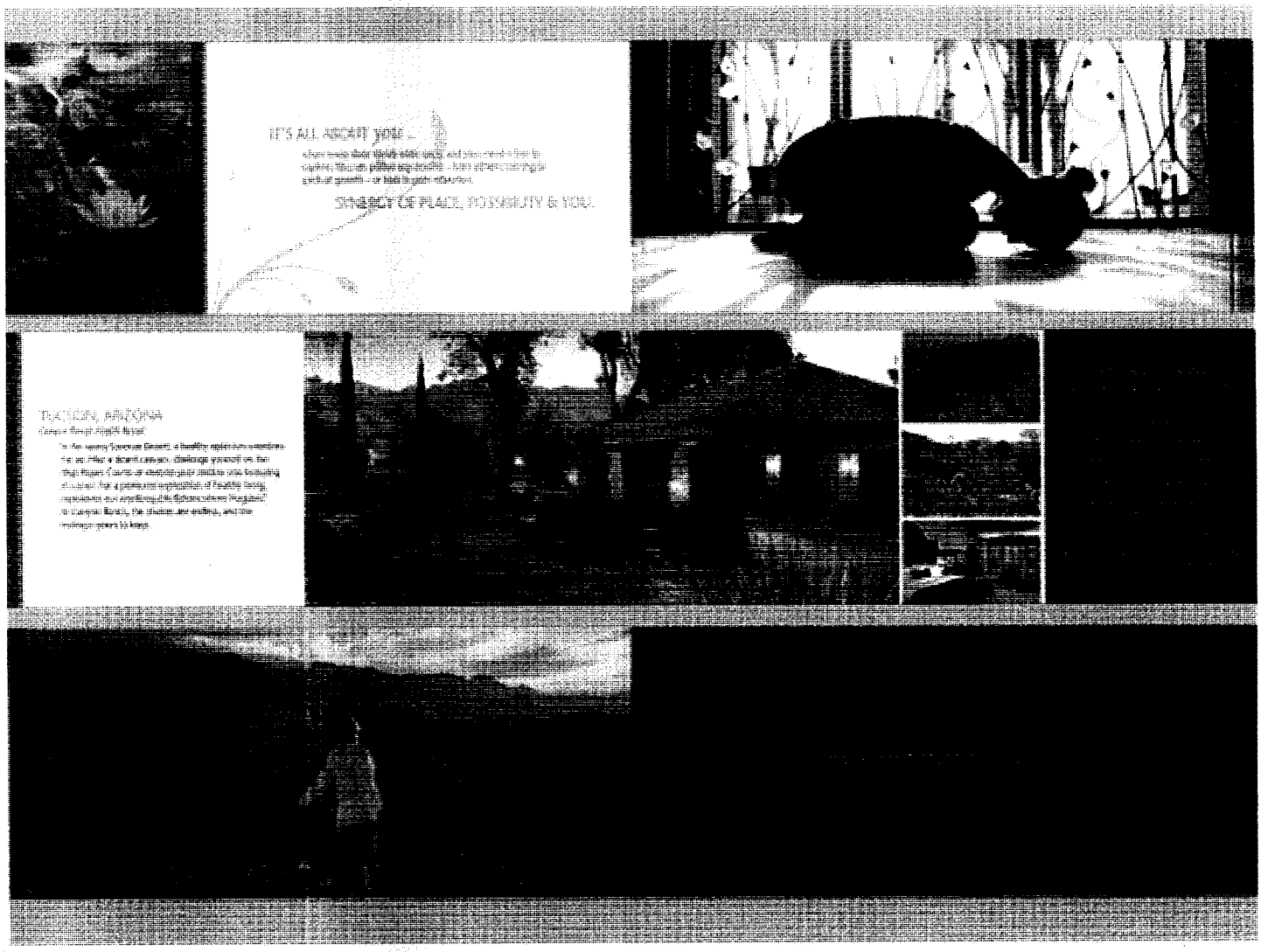
ON AUTUMN LEAVES

CANYONRANCH



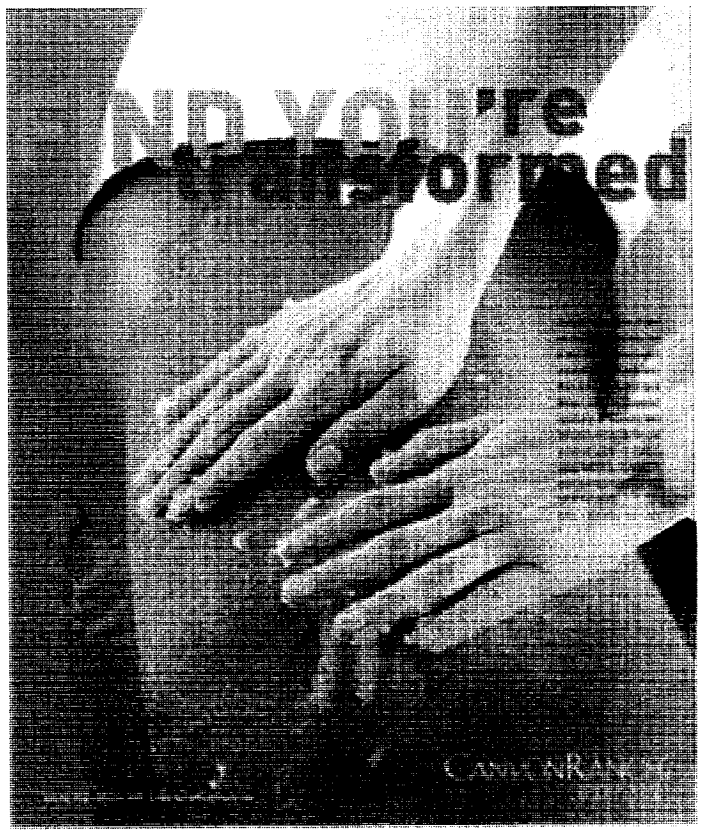
CELEBRATE YOU

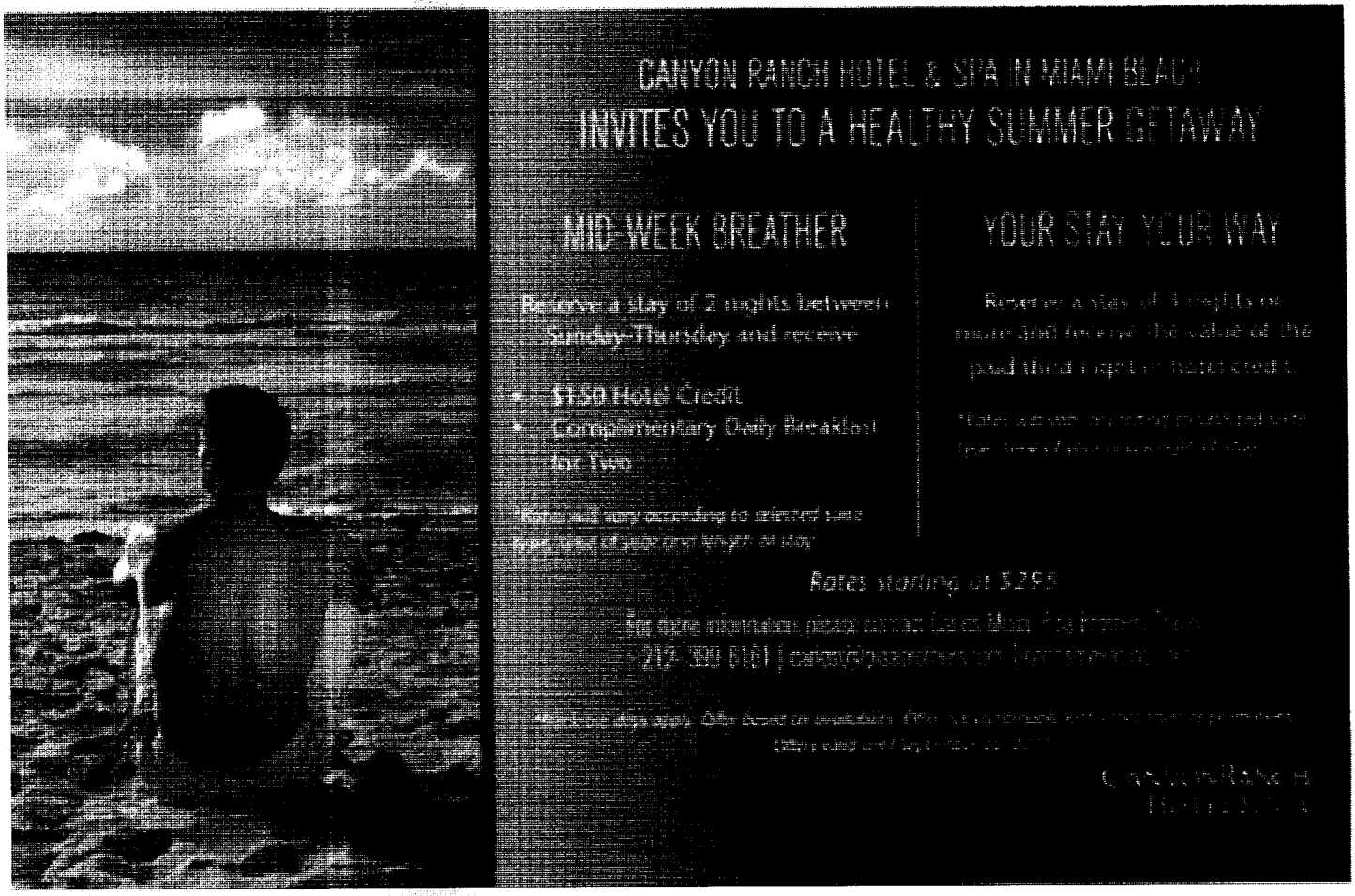
CANYONRANCH


IT'S ALL ABOUT YOU!
SENSE OF PLACE, POSSIBILITY & YOU!
TUCSON, ARIZONA

FIND YOU

AND you're


AND you're
transformed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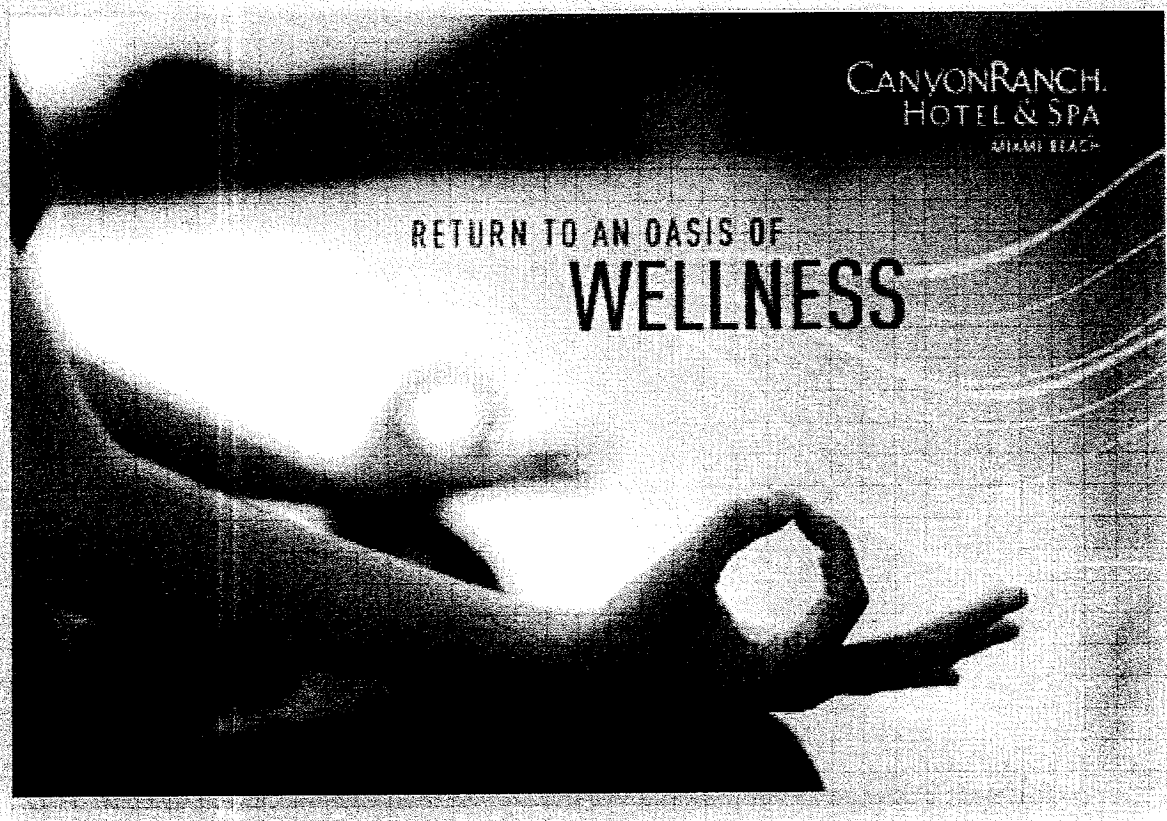
INVITES YOU TO A HEALTHY SUMMER GETAWAY
MID-WEEK BREATHER
Reserve a stay of 2 nights between Sunday-Thursday and receive
$150 Hotel Credit
Complimentary Daily Breakfast for Two
YOUR STAY YOUR WAY
Rates starting at $295


CANYONRANCH.
HOTEL & SPA
MIAMI BEACH
RETURN TO AN OASIS OF
WELLNESS

$200 HOTEL CREDIT & MORE FOR FLORIDA RESIDENTS

COMPLIMENTS OF CANYON RANCH HOTEL & SPA IN MIAMI BEACH

COME BACK TO THE BEACH THIS SUMMER. Stay two nights Sunday through Thursday and enjoy a $200 hotel credit for spa, dining, wellness and more, complimentary gourmet breakfast for two daily and complimentary valet parking.

REDISCOVER:

- Exquisite, all-suite, beachfront luxury hotel
- 40+ complimentary fitness classes daily
- The most luscious spa treatments anywhere
- Holistic healthcare experts to advise you

CANYONRANCH.
HOTEL & SPA
MIAMI BEACH

Book online and check other specials at canyonranch.com/miamibeach
Simply mention "Floridian Mid-Week Beach Break" | 800-742-9000
Or call your Travel Professional

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Canyon Ranch Hotel & Spa
6401 Collins Ave.
Miami Beach, FL 33141

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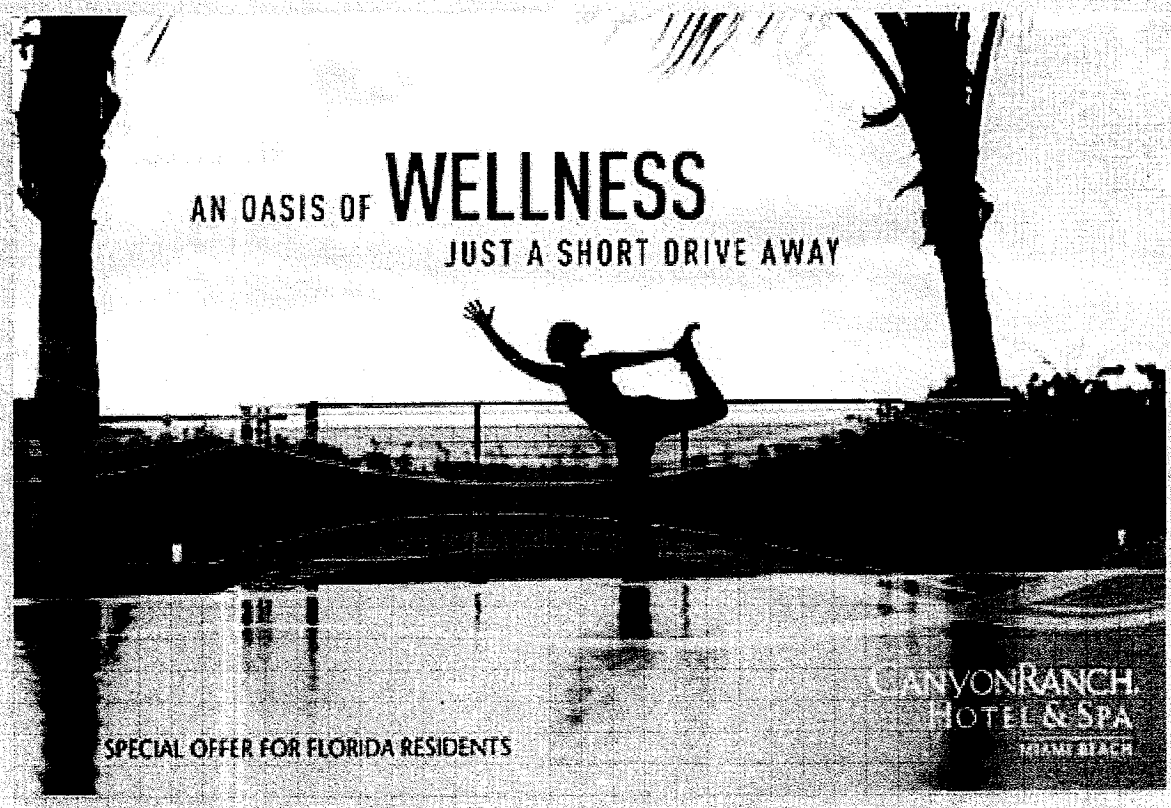

$200 HOTEL CREDIT & MORE FOR FLORIDA RESIDENTS

COMPLIMENTS OF CANYON RANCH HOTEL & SPA IN MIAMI BEACH

MAKE A GREAT ESCAPE THIS SUMMER. Stay two nights Sunday through Thursday and enjoy a $200 hotel credit for spa, dining, wellness and more, complimentary gourmet breakfast for two daily and complimentary valet parking.

DISCOVER & ENJOY:

- Exquisite, all-suite, beachfront luxury hotel
- 40+ complimentary fitness classes daily
- The most luxurious spa treatments anywhere
- Holistic healthcare experts to advise you

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MIAMI BEACH

Book online and check other specials at canyonranch.com/miamibeach
Simply mention "Florida Mid Week Beach Break" 1.800.742.9000
Or call your Travel Professional.

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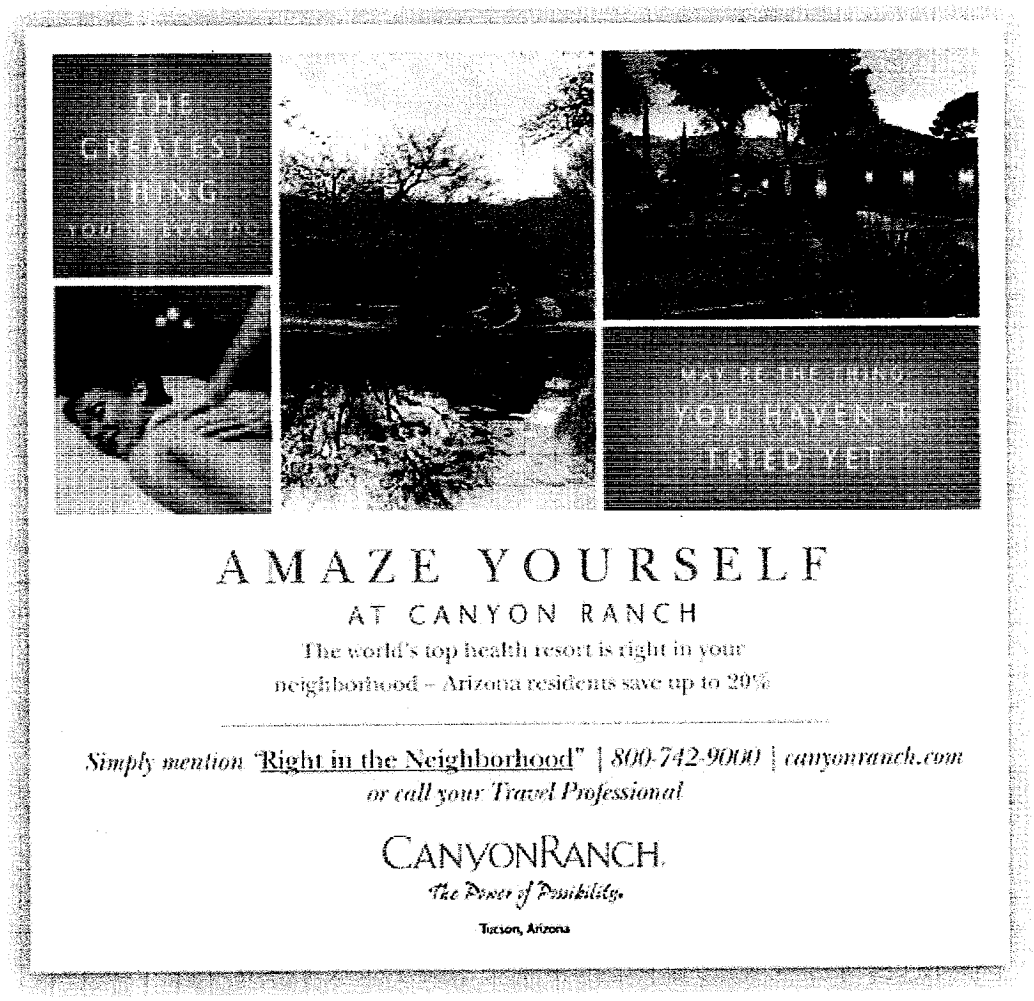

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glorious SPRING!

Spring is magnificent

at Canyon Ranch SpaClub® with our bouquet of rejuvenating treatments that will leave your skin glowing from top to toe. Select one of our sweet spring services or choose a multi-service package that includes breakfast or lunch at Canyon Ranch Grill.™

FRESH LEMON MASSAGE
Enjoy the intoxicating, springtime scent of lemon verbena with this luxurious massage. The organic oil draws on the healing power of nature, leaving your skin healthy, fresh and silky soft.

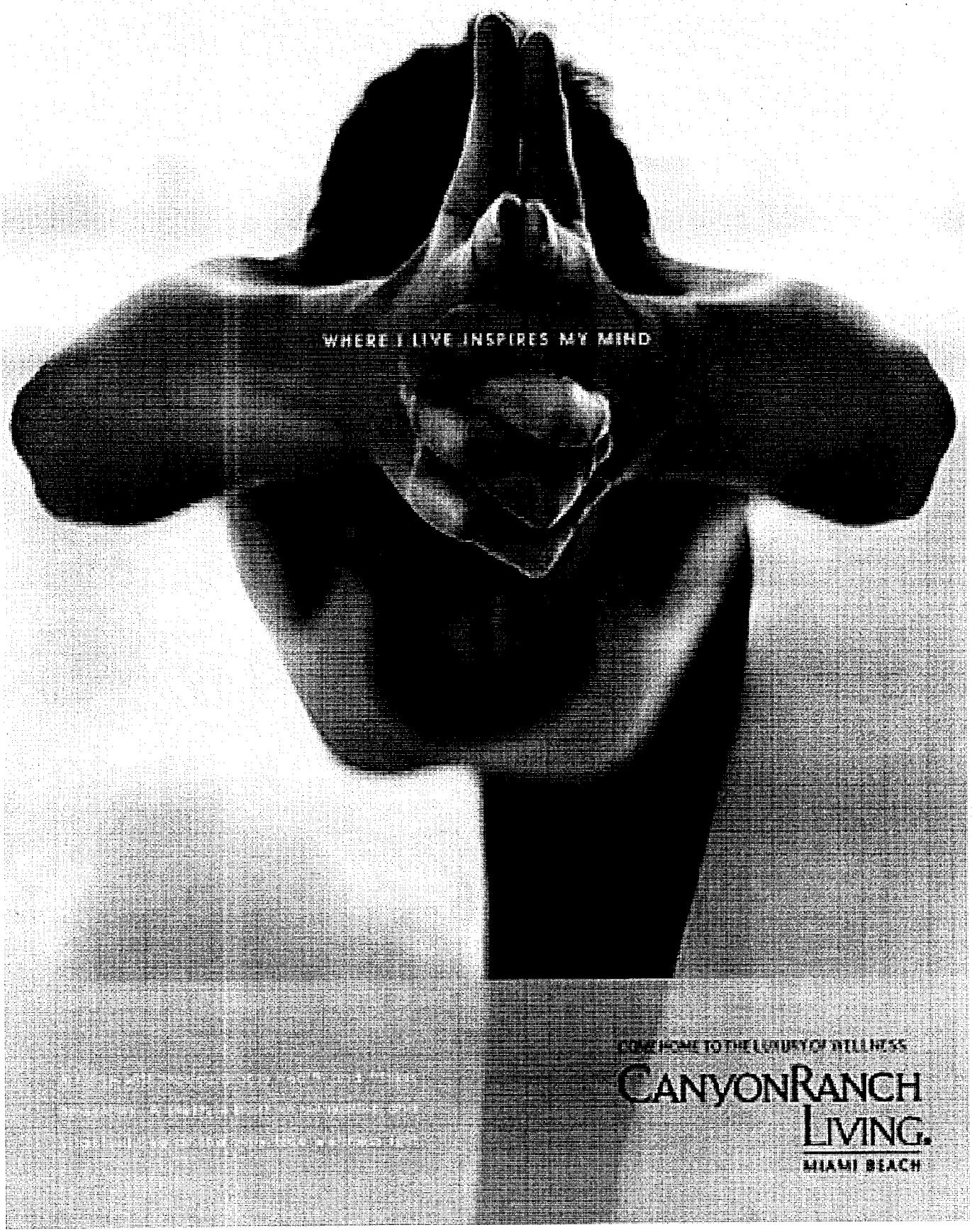
PURE FACIAL
For this luxe Canyon Ranch treatment, we use a green cosmeceutical product line that combines expertise in botany and cosmeceuticals, making it highly effective and safe even for sensitive skin. Your customized treatment includes cleansing, skin analysis, exfoliation, steam, extractions if necessary, and toning. Prepare to glow!

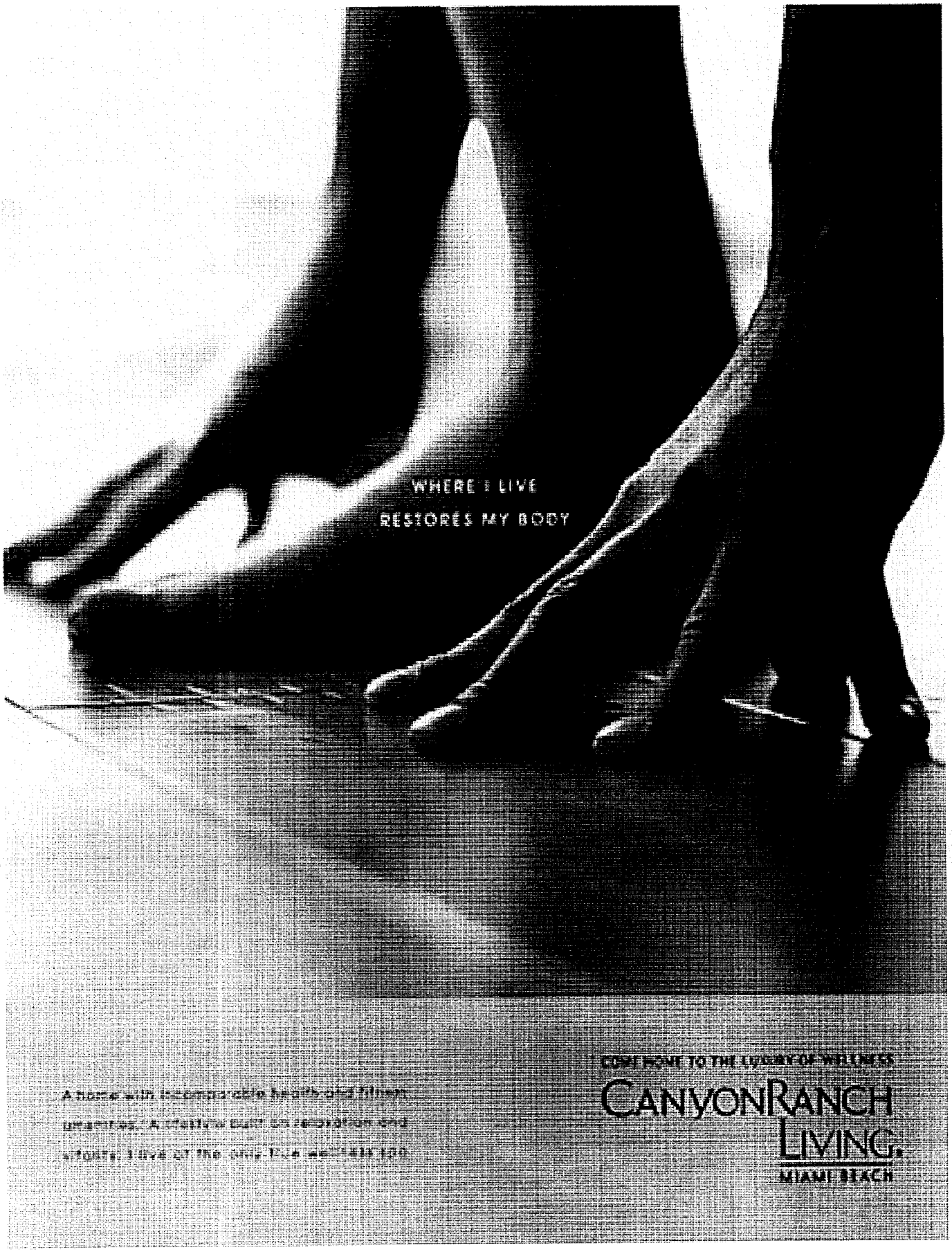
MOISTURIZING SPRING COCOON
This wonderfully relaxing service begins with a detoxifying body mask of natural clay in a rich body cream. Next, you'll float in the soothing warmth of the cocoon as the mask takes effect, revealing a softer, smoother you. We finish with a moisturizing full-body application of lemon-scented body butter.

MINT & SAGE SUGAR SCRUB
Banish the effects of winter on your skin! The scent of wild sage and mint will refresh you as dry skin is scrubbed away, leaving you soft and smooth. After an invigorating hydrotub soak, your skin will be revived with an application of wild sage and mint body butter – an aromatic delight.

To book services or day packages, please call 877-220-2688 or 702-414-3600.

CANYONRANCH
SpaClub
At The Venetian | At The Palazzo | Las Vegas


WHERE I LIVE INSPIRES MY MIND
COME HOME TO THE LUXURY OF WELLNESS
CANYON RANCH
LIVING.
MIAMI BEACH


WHERE I LIVE
RESTORES MY BODY
COME HOME TO THE LUXURY OF WELLNESS
CANYON RANCH
LIVING
MIAMI BEACH

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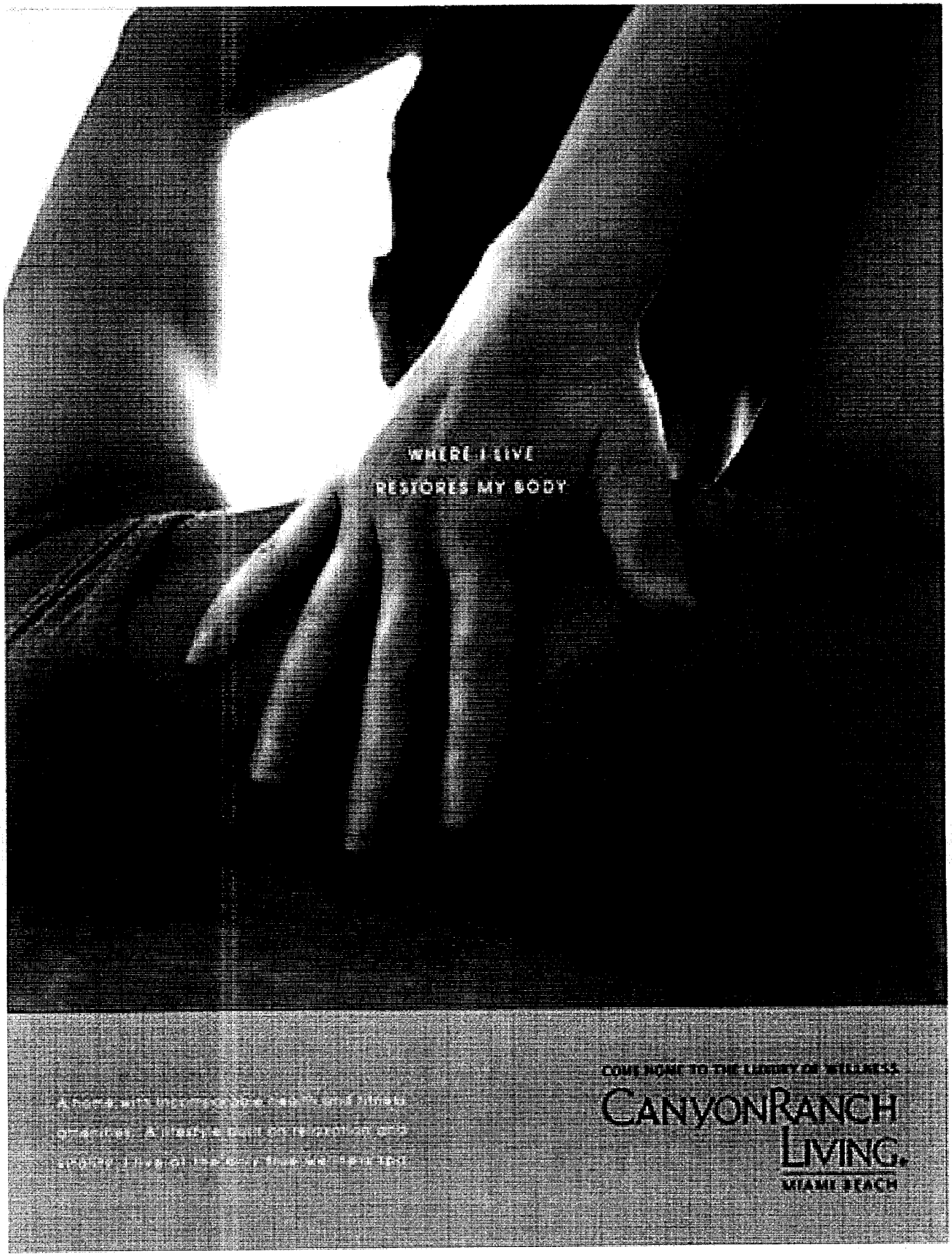
WHERE I LIVE
RESTORES MY BODY
CANYONRANCH
LIVING.
MIAMI BEACH

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WHERE I LIVE
AWAKENS MY SPIRIT
COME HOME TO THE LUXURY OF WELLNESS
CANYON RANCH
LIVING
MIAMI BEACH

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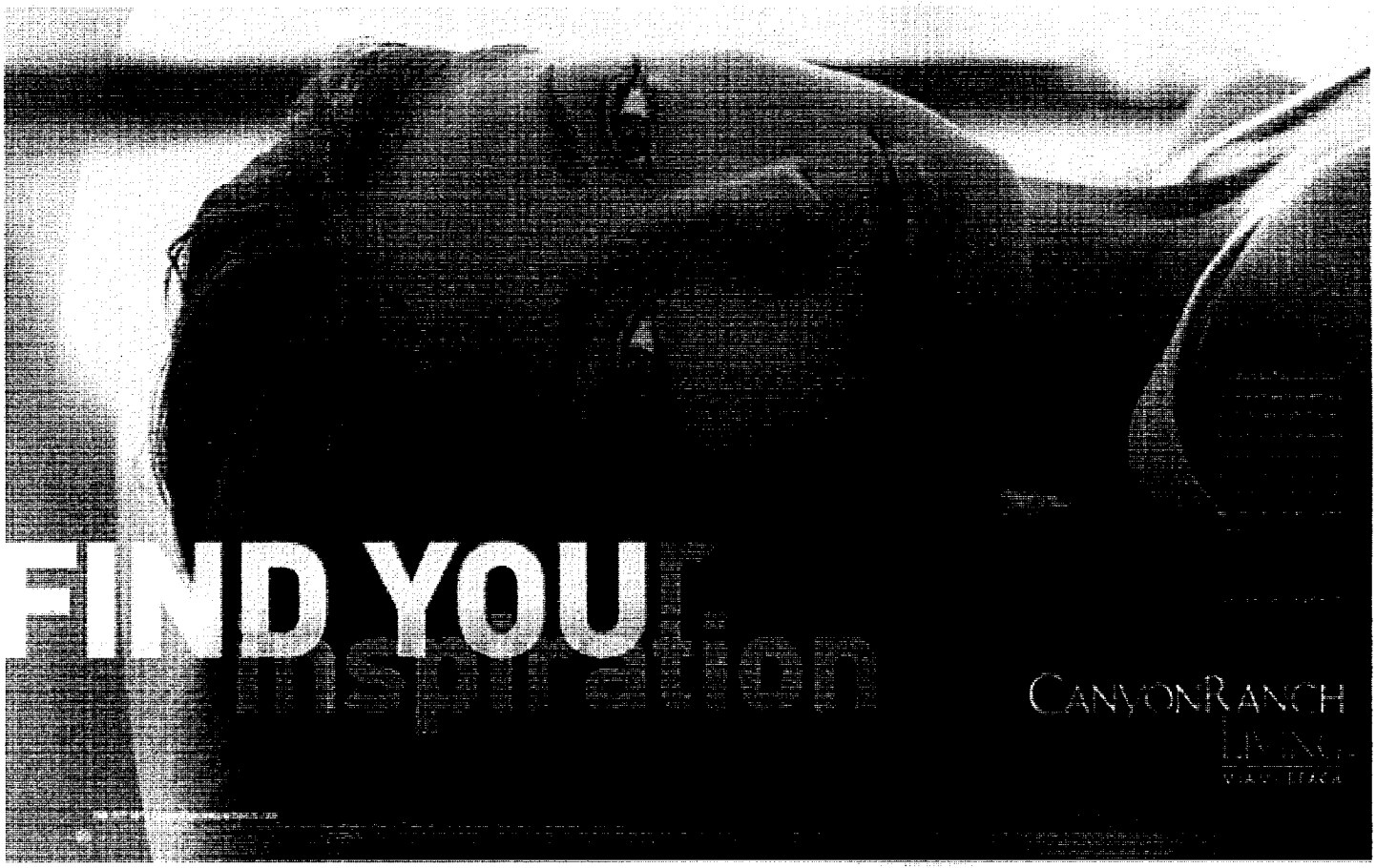
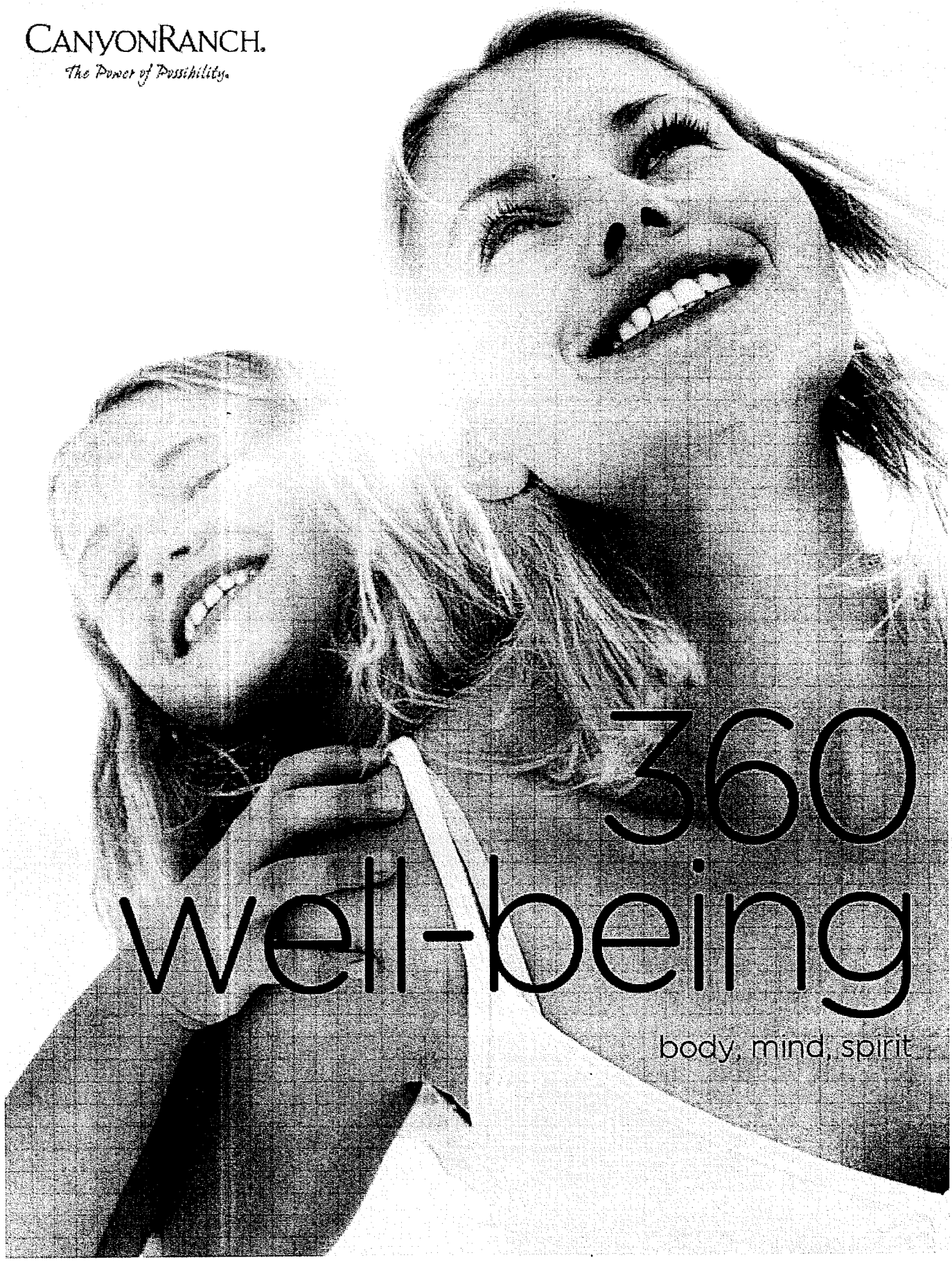

FIND YOU
inspiration
CANYON RANCH

CANYONRANCH.

The Power of Possibility.



360 well-being

body, mind, spirit

CR000893

MAY is for MOM

One day is simply not enough. We're dedicating an entire month to moms and the great women who deserve sweet luxuries.

Each of these irresistible spa packages includes access to Aquavana – our European-inspired suite of thermal spa cabins, tubs and aquathermal bathing and SpaClub's co-ed conservatory, salt grotto and wave room. Also included, is a $10 allowance to Canyon Ranch Grill or Café.

MOM'S ULTIMATE DAY OF LUXURY
- 80-minute Mom's Custom Massage
- Uplifting Facial

MOMMY-TO-BE
- Mellow Mama Maternity Massage
- Mommy-to-be Facial

MOMS-ON-THE-GO
- Healthy on Your Feet or Healthy in Hees
- Pure Facial

MOM & DAUGHTER DAY OUT
- 2x2 Facial
- Side-by-side Pedicures

To book your spa package, please call 877-220-2688 or 702-414-3600.

CANYON RANCH SpaClub

At The Venetian | At The Palazzo | Las Vegas

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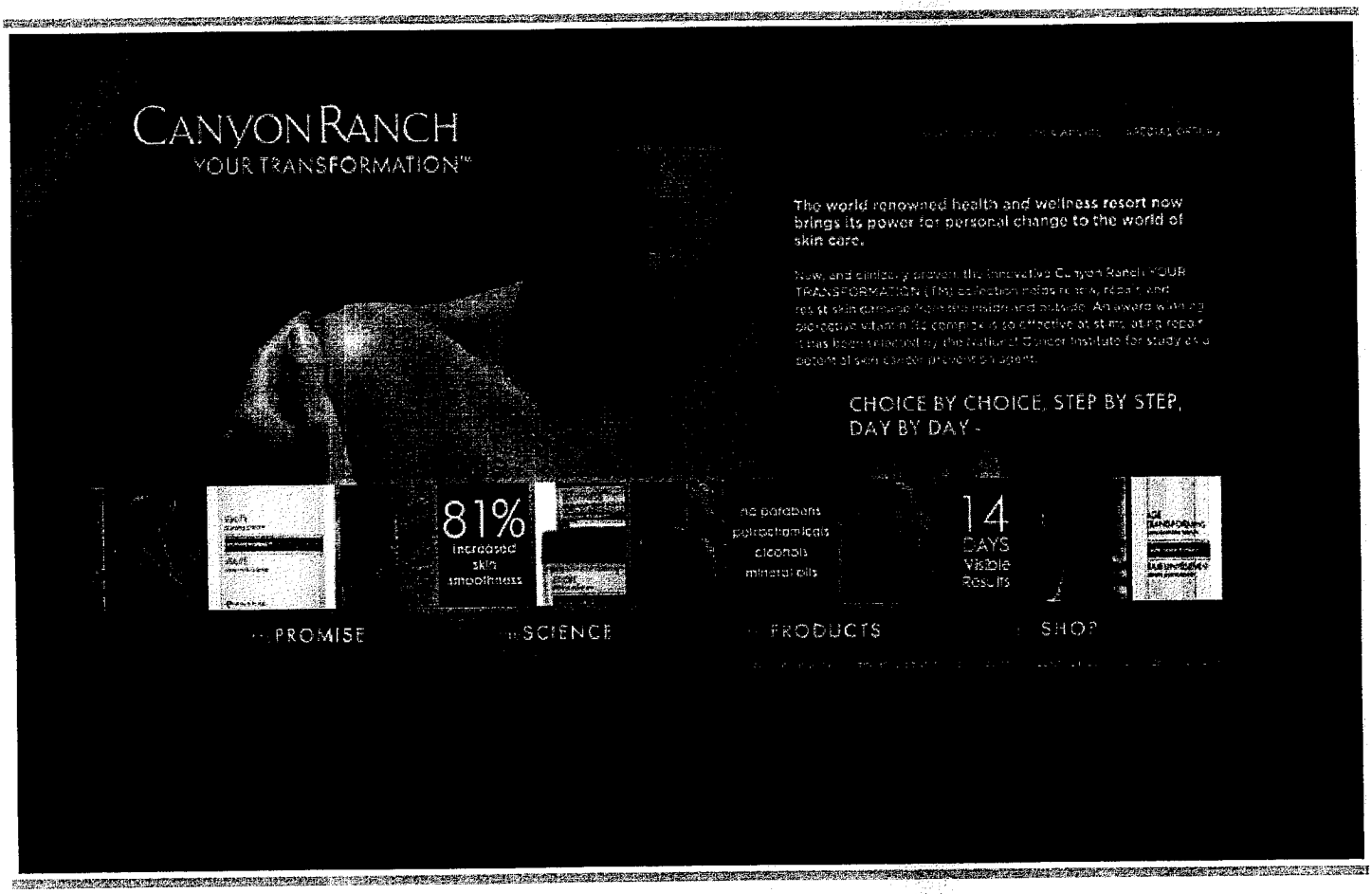
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YOUR TRANSFORMATION™
The world renowned health and wellness resort now brings its power for personal change to the world of skin care.
CHOICE BY CHOICE, STEP BY STEP, DAY BY DAY -
81%
increased skin smoothness
no parabens
petrochemicals
alcohols
mineral oils
14
DAYS
Visible
Results
PROMISE
SCIENCE
PRODUCTS
SHOP

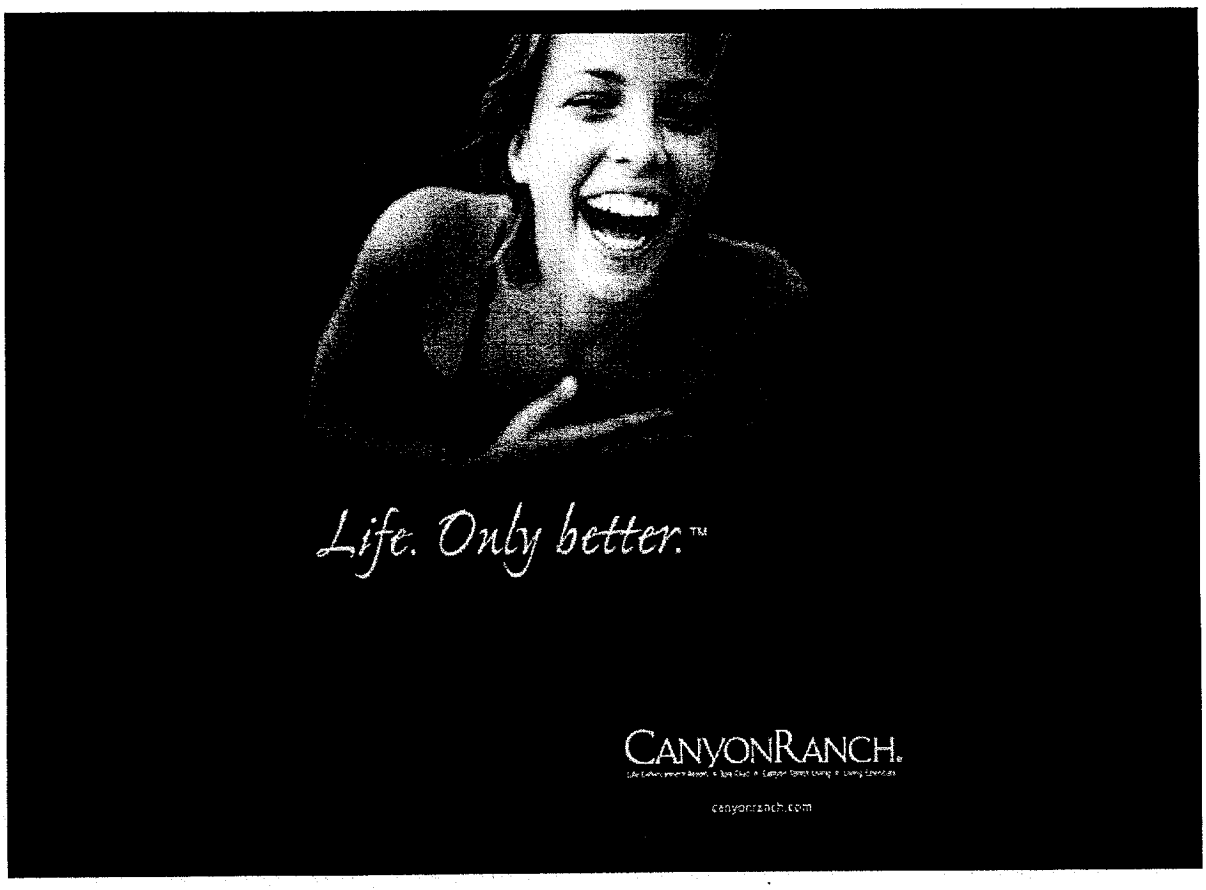
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Exhibit W

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