



POST NEW YEAR'S RESOLUTIONS

Canyon Ranch for Teens Teaches Healthy Living Beyond the New Year

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King of Prussia, Pa., February 8, 2008 — For the teens lucky enough snag a spot in this summer program, the path to healthy living begins immediately. Teens enjoy great workouts and challenging classes guided by inspiring instructors. Students learn to exercise more efficiently, eat more sensibly, increase their confidence, cope with daily stresses and achieve optimal living.

“What makes Canyon Ranch for Teens so outstanding is that it helps young adults discover that the choices they make about what they eat and how active they are directly affect their health. This is the most powerful knowledge we can give young people to help them stay healthier throughout their lives,” said Richard Carmona, the Vice Chairman of Canyon Ranch and the 17th U.S. Surgeon General.

Personal program advisors, nutritionists and exercise physiologists meet students “where they are” to help them set realistic goals and customize their class schedule to meet individual interests and abilities. Whether students are fitness buffs or someone who doesn’t know their downward dog from a doughnut, the one-of-a-kind program brings nutrition, fitness and fun together in over 100 daily activities and workshops. All the activities, including spinning, rock climbing, tennis or yoga, offer hands-on experience to help students become strong, motivated and focused. Students learn about fitness, sports performance, relaxation and great Canyon Ranch food all while beginning to enjoy life’s total adventure and making new friends from over 35 states and 30 countries.

“There has to be a connection between having the right training tools and knowing what foods fuel your body and then actually using it to make a positive difference in your life,” said owner Julian Krinsky. “We help students discover their capabilities and help them create their best self. We don’t focus on calendar dates, weighing in, portions or intense activity levels. Instead, we focus on how students feel and on their overall balance and happiness.”

Julian Krinsky Camps & Programs and world-renowned health resort Canyon Ranch created the program seven years ago in an effort to teach young adults how to live healthy, more complete lifestyles. Canyon Ranch for Teens aims to inspire students to get the most of out life by living healthier in every way while giving students the powerful “take-home tools” needed to do that every day.

About Julian Krinsky Camps & Programs

For 30 years, Julian Krinsky Camps & Programs has been dedicated to providing stimulating and enriching experiences for teens through diverse, innovative programs in tennis, golf, enrichment, business, internships, cooking and the arts.

About Canyon Ranch

Mel and Enid Zuckerman founded the original Canyon Ranch Health Resort in Tucson, Arizona, in 1979. Canyon Ranch opened in Lenox, Massachusetts, in 1989. The first Canyon Ranch SpaClub opened at The Venetian Resort in Las Vegas, Nevada, in 1999. Canyon Ranch opened a SpaClub facility at the Gaylord Palms Resort and Convention Center in Kissimmee, Florida, and onboard the Queen Mary 2.

For more information or to register please call us at 866-TRY-JKCP or 610-265-9401 or visit us on the web at www.jkcp.com or www.canyonranch.com.