



POST NEW YEAR'S RESOLUTIONS

Canyon Ranch for Teens Teaches Healthy Living Beyond the New Year

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King of Prussia, Pa., January 12, 2007 – By June, many people's New Year's Resolutions are either a source of frustration or a distant memory. For teens, the New Year may not be the best time to discover their true potential. Teens become stressed when they set unattainable fitness goals during the height of the school year. At Canyon Ranch for Teens, students don't wait for the New Year to change their fitness and nutritional habits.

"Each new day provides the possibility for a 'new you.' We don't focus on calendar dates, weight, portions or intense activity levels. Instead, we focus on how students feel each day. We put less focus on the students' short term fitness goals, and more focus on their overall wellness education for life," said director Tina Krinsky.

Julian Krinsky Camps & Programs and world renown health resort Canyon Ranch created the program for "smarter minds and bodies" in response to parent requests and the nations growing obesity rates. Although, the program is not about weight loss, the programs "take-home-tools" teach students for a lifetime.

The one-of-a-kind program brings nutrition, fitness, and fun together in over 100 daily activities and workshops. Whether the teens are interested in spinning, rock climbing, tennis or yoga, each activity offers hands-on experience teaching health benefits to last a lifetime. Nutritionists and exercise physiologists customize each student's class schedule to meet individual interests and ability levels. On the path to healthy living 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.

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.