



SHOCKING STATISTICS LEAVE PARENTS LOOKING FOR HELP

Julian Krinsky/Canyon Ranch Teaches Teens Healthy Living

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FOR IMMEDIATE RELEASE

King of Prussia, Pa., January 5, 2006 – The American Diabetes Association warns “obese children are at a higher risk for clogged arteries.” *USA Today* reports, “The average child spends nearly six hours a day sitting in front of a television, computer or video game.” The *New England Journal of Medicine* worries “children may live less healthful and shorter lives than their parents for the first time in history.” In an effort to teach and inspire the benefits of healthy living, Julian Krinsky Camps & Programs and world renown health resort Canyon Ranch host a young adult summer program for “smarter minds and bodies.”

TIME Magazine says, “The Julian Krinsky/Canyon Ranch Summer Program takes its educational mission seriously. Students spend the majority of their time exercising, working with personal trainers, learning about proper nutrition and getting serene through meditation and yoga.” The Julian Krinsky/Canyon Ranch experience is a mind-body-spirit program focused on living healthier every day and providing essential “take-home-tools.” Teens try new activities and learn what type of fitness they truly enjoy.

Julian Krinsky/Canyon Ranch offers three two-week sessions running June 25 – August 5 in suburban Philadelphia. The one-of-a-kind program brings nutrition, fitness, and fun together in over 100 daily activities and workshops. Student Julia Cooper says, “Julian Krinsky/Canyon Ranch is not a spa or diet camp. It’s a whole new concept: Learn-to-live-your-life camp.” On the path to healthy living students learn about fitness, sports performance, relaxation and great food all while beginning to enjoy life’s total adventure and making new friends from over 35 states and 30 countries.

The *San Diego Union-Tribune* reports, “Americans are watching more sports, but playing less. Children are taught that they shouldn’t play sports if they are not good at them. It happens when kids get cut from teams, or when coaches bench them for poor play.” At Julian Krinsky/Canyon Ranch there is truly something for everyone.

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Nutritionists and exercise physiologists customize each student's class schedule to meet individual interests and ability levels. "The program is aimed at five categories of teenager: athlete, fitness buff, curious mind, serenity seeker and foodie," writes the *London Telegraph*. Whether the teens are interested in rock climbing, Pilates, tennis or reflexology, each activity offers hands-on experience teaching health benefits to last a lifetime.

For athletes, specialized Ultimate Tennis and Golf is an all-around program for winning performance. The total fitness program features Canyon Ranch coaching, personal training, injury prevention and nutrition while focusing on their tennis or golf game.

Students also enjoy delicious gourmet meals designed by Canyon Ranch Executive Chef and food development nutritionists. It has come to be known as the best "camp food" in the country and encourages making healthy choices. After lunch, students can try their hand in the kitchen in one of many cooking classes including "Chocolate: Food of the Gods" and "Supermarket Smarts."

Who knew fitness could be so much fun? There is no repetitive day at the Julian Krinsky/Canyon Ranch program with new activities offered each hour of every day. With fun-filled weekdays and weekend excursions to New York City and amusement parks the lazy days of summer are the thing of the past.

About Julian Krinsky Camps & Programs

For 29 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. In 2002, Canyon Ranch opened a SpaClub facility at the Gaylord Palms Resort and Convention Center in Kissimmee, Florida. In January 2004, Canyon Ranch debuted its third Canyon Ranch SpaClub onboard the Queen Mary 2 luxury ocean liner. Canyon Ranch Living, the company's first healthy living residential community, is scheduled to open in Miami Beach, Florida in 2006.

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

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