



## **CANYON RANCH FOR TEENS; LET LOOSE YOUR ENDORPHINS – WHAT A HOLIDAY PRESENT?**

*Created Especially for Teens by the World's Most Celebrated Health Resort*

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### **FOR IMMEDIATE RELEASE**

King of Prussia, Pa., November 9, 2007 — Worried about what to buy the teen who “has it all”? For a gift that is sure to spark “jump-up-and-down” excitement, wrap up a summer of fun, friends, fitness and great food. Canyon Ranch for Teens offers parents and grandparents an easy solution to holiday shopping. Who wouldn’t want a strong and healthy body as a holiday present?

Canyon Ranch for Teens began seven years ago as the brainchild of Canyon Ranch Health Resorts Founder, Mel Zuckerman. Today, it’s the only summer program in the world that carries the Canyon Ranch brand name and has become synonymous with first-class offerings for teens. The program thrives on eating right, relieving stress and learning new ways to get fit.

The daily schedule includes hundreds of activities like yoga, pilates, weight training, hip-hop aerobics, spinning, awesome abs, cooking, art, cardio kickboxing, and self-defense. Students combine invigorating activities with delicious meals created by the on-site nutritionists and chefs trained at the health resorts in Arizona and Massachusetts to cook in the program’s private dining room. Not to mention the array of private services such as personal training, sports massages or private tennis lessons that round out the daily offerings.

Discover dozens of holiday possibilities with Canyon Ranch’s flexible residential summer sessions for boys and girls ages 13–17.

### **About Julian Krinsky Camps & Programs**

For over 30 years, JKCP has been dedicated to providing stimulating and enriching experiences for young adults through diverse, innovative programs in sports, pre-college academics, enrichment, fitness and the arts.

For more information or to register please call us at 866-TRY-JCKP or visit us on the web at [www.jkcp.com](http://www.jkcp.com). Gift certificates available.