

INVEST 4 DAYS
TO TRANSFORM
YOUR LIFE



A photograph of a desert landscape at sunset. The sky is a gradient of orange and yellow, transitioning into a darker blue. The foreground and middle ground are filled with cholla cacti, which are silhouetted against the bright light of the setting sun. The cacti have a fuzzy, segmented appearance. The text is overlaid on the image in three horizontal blue bars.

THE MOST THOROUGH AND THOUGHTFUL
PROGRAM AVAILABLE FOR
LIFESPAN AND HEALTH SPAN.

CANYONRANCH®



8

PRINCIPLES
OF LONGEVITY

15+

DIAGNOSTIC
TESTS

200+

BIOMARKERS
TESTED

18+

EXPERT 1:1
CONSULTATIONS

45

YEARS OF
EXPERTISE

A SERIES OF UNIQUE RETREATS EXCLUSIVELY AT OUR TUCSON RESORT

Limited Availability: November 10-14, 2024 | December 8-12, 2024

February 9-13, 2025 | April 13-17, 2025

A man with a beard, wearing a blue t-shirt and black shorts, is running on a dirt path. The background features a desert landscape with green trees, a saguaro cactus, and a clear blue sky. The text is overlaid on the right side of the image in white capital letters on a dark blue background.

DURING THE COURSE OF
4-DAYS AT CANYON RANCH,
GUESTS WILL BE TESTED
ON OVER 200 BIOMARKERS

4-DAY/4-NIGHT FULL IMMERSIVE PROGRAM



Canyon Ranch guests are invited to our new state-of-the-art LONGEVITY8™ immersive program, debuting November 10-14, 2024 in Tucson, Arizona. It is available to only 20 guests for this first session.

The program fee of \$20,000 per person and \$36,000 for a couple provides an all-inclusive stay with full accommodations, all meals and snacks, and 30+ daily guest activities at North America's most outstanding spa and wellness resort.





THE 8 PRINCIPLES OF LONGEVITY

At Canyon Ranch, these 8 principles provide the broadest possible assessment, guidance and support around body, mind and spirit.

We have built this program to reflect the key elements of a healthy, happy lifespan.

1 INTEGRATIVE MEDICINE

This has been at the heart of Canyon Ranch values for decades. Here, we coordinate conventional healthcare from our board-certified physicians and specialists, with complimentary therapies that serve the total human on a path to well-being. We offer integrative and preventive care from our state-of-the-art medical campus, along with health education and experiences. Our inspiration is the whole person and finding paths forward to longer lifespan and health span.

2 FLEXIBILITY AND FITNESS

Recent science has advanced around improving flexibility as a means to a lower mortality rate. The range of motion of muscle and connective tissues at a joint or group of joints is how we execute body movement throughout every day of our lives. Fitness, stretching and targeted activity are central to our physical maintenance. Reduced flexibility as we age can cause physical imbalance, neuromuscular decline and distress.

3 MENTAL & EMOTIONAL HEALTH

Our licensed therapists will examine any issue in life to explore thoughts, attitudes and gain fresh perspective. Our team can help discover areas that might impact sleep, stress, brain health and core functions needed for the rest of life to feel better and be our healthiest. These might include: resilience, trauma, interpersonal relationships, unhealthy habits and work-life balance.

4 SPIRITUAL WELLNESS

Seek more joy, manage stress, find meaning and become your best self – all on a path of a healthier, happier you. Through conversation, practical exercise and tools for living to your fullest, our experts will help you find peace and connection in daily life, easing the long-term strain on mind and body.

5 STRENGTH & ENDURANCE

Regular strength training can reduce the symptoms of chronic conditions, such as arthritis, back pain, depression and diabetes. It is also a direct line to living longer, according to scientific research, for both women and men. We test using VO2 Max, force plates technology, dynamometers, Zone 2 education and other tools and technology, to create a baseline set of data metrics to build go-forward plans to maximize strength and endurance.

6 NUTRITION

Nutrition is fundamental to building and maintaining muscle for a strong body, particular as we grow older. It is paramount to gut health, performance, mood and hydration. Our licensed dieticians will interpret your continuous glucose monitor data and make personalized diet recommendations to maximize health equilibrium and long-term wellness.

7 SLEEP

Discover practices and techniques to break the connection between sleep and stress – to improve your sleep cycle. This unmonitored overnight sleep screening test is done in the comfort of your resort room with a one-time use FDA-approved portable sleep device to determine periods of apnea and wake/sleep states by using Peripheral Arterial Tone, a physiological signal that mirrors changes in the autonomic nervous system caused by respiratory disturbances during sleep, and other diagnostics to uncover the data behind your sleeping habits.

8 OUTDOOR EXPERIENCES

Research has long shown that an active and healthy lifestyle in outdoor spaces can increase life expectancy, improve sleep quality and improve psychological stress recovery. In Tucson, we are blessed with access to some of America's most scenic environments, from canyons to mountains and endless vistas for walking, hiking and biking. Our Outdoor Sports Team provides access, support and planning for daily outdoor activities that can be pursued every day, for every ability and age.

Integrative Medicine

Flexibility and Fitness

Mental & Emotional Health

Spiritual Wellness

Strength & Endurance

Nutrition

Sleep

Outdoor Experiences

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	
7 AM						7 AM
7:30						7:30
8 AM		MORNING HIKE	MORNING HIKE	MORNING HIKE	MORNING HIKE	8 AM
8:30						8:30
9 AM		LONGEVITY THROUGH THE MEDICAL LENS Living Room	ENDURANCE ZONE 2 & YOU CLE Saguaro	RESORT ACTIVITIES	EXPERT PANEL CLE Saguaro	9 AM
9:30						9:30
10 AM	TRAVEL DAY	CR VITALITY TOUR	DIAGNOSTICS & CONSULTATIONS		CONSULTATIONS & FOLLOW-UPS	10 AM
10:30		CR STRENGTH Studio 3		GYROKENESIS Yoga Studio		10:30
11 AM						11 AM
11:30						11:30
12 PM		LUNCH AT LEISURE	LUNCH AT LEISURE	LUNCH AT LEISURE	CLOSING CIRCLE WITH LUNCH CLE Acacia	12 PM
12:30						12:30
1 PM			ZONE 2 CYCLING Cycling Studio	NOURISHING LONGEVITY FOOD FOR A HEALTHY LIFESPAN CLE Saguaro		1 PM
1:30						1:30
2 PM		DIAGNOSTICS & CONSULTATIONS	DIAGNOSTICS & CONSULTATIONS		ZONE 2 CYCLING Cycling Studio	2 PM
2:30						2:30
3 PM	WELCOME ORIENTATION CLE Living Room			DIAGNOSTICS & CONSULTATIONS		3 PM
3:30						3:30
4 PM	SCHEDULE OVERVIEW CLE Living Room					4 PM
4:30						4:30
5 PM			FREE TIME		TRAVEL DAY LATE CHECK-OUT	5 PM
5:30		FREE TIME		SOOTHE YOUR CENTRAL NERVOUS SYSTEM CLE Saguaro		5:30
6 PM						6 PM
6:30	LONGEVITY8 GROUP WELCOME DINNER CLE Acacia Dining Room	DINNER	GROUP DINNER CLE Acacia Dining Room	GROUP DINNER CLE Acacia Dining Room		6:30
7 PM						7 PM
7:30						7:30
8 PM						8 PM



IN-DEPTH.

EXPERT DRIVEN.

The new standard in longevity.

**MEDSPA & PODCASTER
PROGRAMS**

- TYPICALLY 50 BIOMARKERS TESTED
- VIRTUAL ONLY
- ONLINE VIDEO
- SUPPLEMENTS
- PRESCRIPTIONS

**TRADITIONAL HEALTHCARE
PROGRAMS**

- TYPICALLY 100 BIOMARKERS TESTED
- FITNESS
- NUTRITION
- TRADITIONAL CHECK-UP
- SLEEP (LIMITED)

LONGEVITY8™
CANYON RANCH

- 200+ BIOMARKERS TESTED
- 8 GUIDING PRINCIPLES
- 18 EXPERT
- 1:1 CONSULTS
- 15 DIAGNOSTIC TESTS
- 4 DAY IMMERSIVE PROGRAM
- ON-SITE, BOARD-CERTIFIED PHYSICIANS, LICENSED PROFESSIONALS
- 3 MONTHS OF VIRTUAL FOLLOW-UP

THE HUMAN TOUCH IS THE DIFFERENCE

1:1 Consultations

One-on-one consultations are central to LONGEVITY8™, through direct patient engagement with experts, including board-certified doctors, licensed practitioners and professional service-providers. Personalized physician consultations, spiritual guidance, positive mindset, sports medicine and performance science, and dietitian services allow our experts to connect directly with each patient guest.



7 Virtual Follow-ups

For the Canyon Ranch Team, this immersive experience is just the first chapter in supporting program participants. Virtual follow-ups with the LONGEVITY8™ team are also included in the program (and its pricing) and, a 6 and 12-month return check-in visit is provided at discounted pricing for alumni of this exclusive program.



OUR TEAM IS YOUR TEAM



AMY HAWTHORNE
MS, LMFT, Director of
Mental Health & Wellness



MIKE SIEMENS
MS, RCEP, Director of
Performance Science



SAMUEL BARTHEL
MS, CSCS,
Performance Scientist



ADAM SMITH
MA, Senior Spiritual
Wellness Provider



DR. STEPHEN BREWER
MD, ABFM, Medical Director



VALESHA ULBRICHT
RN, Clinical Nurse Manager



ERIC WILLIAMSON
PhD, RD, CSSD,
Director of Nutrition



DR. DIANE DOWNING
MD, Physician



DR. AMY SERIN
PhD, Neuropsychologist

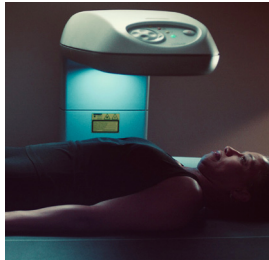


PETE GHIONE
AOS, Director of Culinary
Innovation & Training

OUR PROPRIETARY REGIMEN TESTS FOR INDICATORS OF THOUSANDS OF DISEASES



Carotid Ultrasound



DEXA Scan



CR Vitality Suite

DIABETES

LUPUS

ENVIRONMENTAL TOXINS

GOUT

THYROID

CELIAC

STROKE

HYPOTHYROIDISM

HYPERTHYROIDISM

CANCER DETECTION

PCOS

SICKLE CELL

HORMONES

AUTOIMMUNITY

IMMUNE FUNCTION

REGULATION

STRESS & AGING

ALLERGIES

SEXUAL HEALTH

BIOLOGICAL AGE

LIVER

KIDNEYS

PANCREAS

BLOOD

ELECTROLYTES

AND MORE...

STATE-OF-THE-ART FACILITIES, TECHNOLOGIES & SERVICES

You'll be amazed by what we have here, for you. DEXA Scan. VO2 max. Carotid Ultrasound. Our CR Vitality suite for recovery. And more. The combination of available tools and 1:1 consults fuel this experience and set your course ahead.

200+ BIOMARKERS TESTS

Apolipoprotein Assessment

CBC with differential

Comprehensive Metabolic Panel

14 » Biomarkers

C-Reactive Protein (CRP), High Sensitivity

Iron + Total Iron Binding Capacity + Ferritin

3 » Biomarkers

Gamma-Glutamyl Transferase

Hemoglobin A1c

Homocysteine

Insulin

LDH

Microalbumin

NMR LipoProfile

Osmolality

Phosphorus

TSH

T4

T3

Uric Acid

Urinalysis, comp with micro-exam w/reflex to culture

Vitamin B12 & Folate

2 » Biomarkers

Vitamin D

Comprehensive Wellness Genetic Testing

92 » Biomarkers

Cancer Screening Panel

50 » Biomarkers

Carotid Ultrasound with CIMT

2 » Biomarkers

Blood Pressure

Height

Weight

Waist Circumference

DEXA Scan

2 » Biomarkers

Sleep Screening

7 » Biomarkers

ECG

Pulmonary Function Test

4 » Biomarkers

Continuous Glucose Monitor

VO2 Max

4 » Biomarkers

Grip Strength

Lower Body Power & Force

4 » Biomarkers

DIAGNOSTIC TESTS

» VO2 Max

» Cancer Screening Blood Test

» Comprehensive Genetic Testing

» Musculoskeletal and Joint Assessment

» Pulmonary Function Test

» Sleep Screening

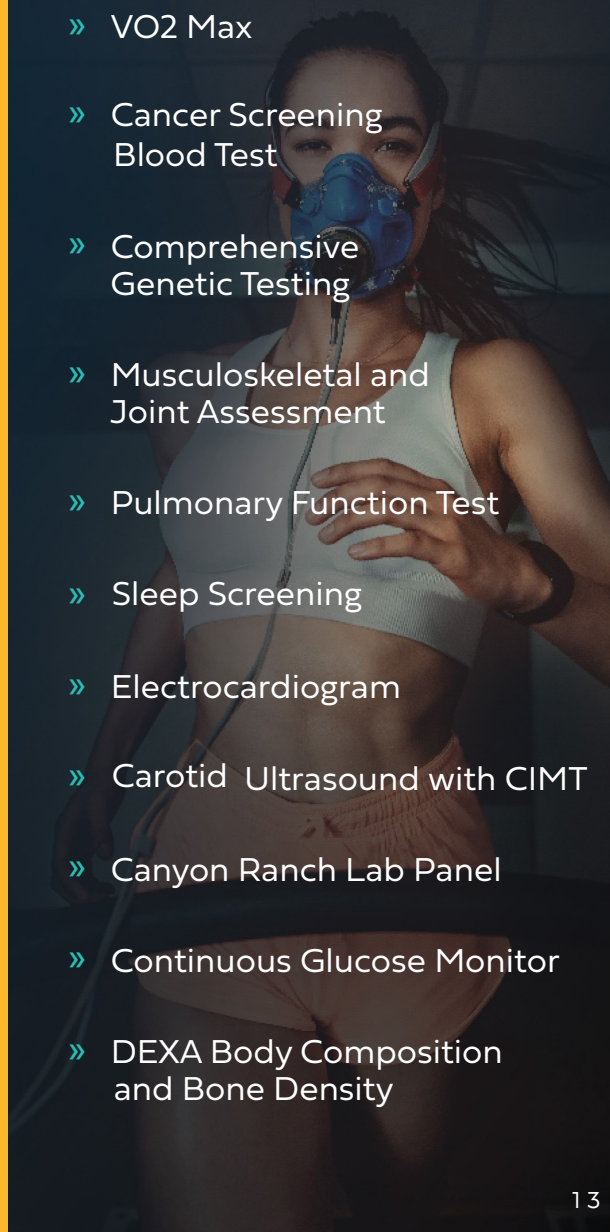
» Electrocardiogram

» Carotid Ultrasound with CIMT

» Canyon Ranch Lab Panel

» Continuous Glucose Monitor

» DEXA Body Composition and Bone Density



CANYON RANCH IN TUCSON

Where desert serenity meets modern wellness.



NAMED AMERICA'S MOST OUTSTANDING WELLNESS RESORT

- MICHELIN HOTEL TRAVEL GUIDE



One of the world's top destinations for your well way of life.

Within the sanctuary of a legendary resort.

Not an ordinary hotel. An extraordinary Sonoran setting. 150 acres, with acclaimed spa, 4 pools, multiple restaurants, court sports, fitness facilities, spiritual studios, outdoor adventures and accommodations to help you relax, retreat and reset. Each day, you'll have time to explore and be enriched.



Register Today



CANYONRANCH.

[CANYONRANCH.COM/LONGEVITY8](https://canyonranch.com/longevity8)