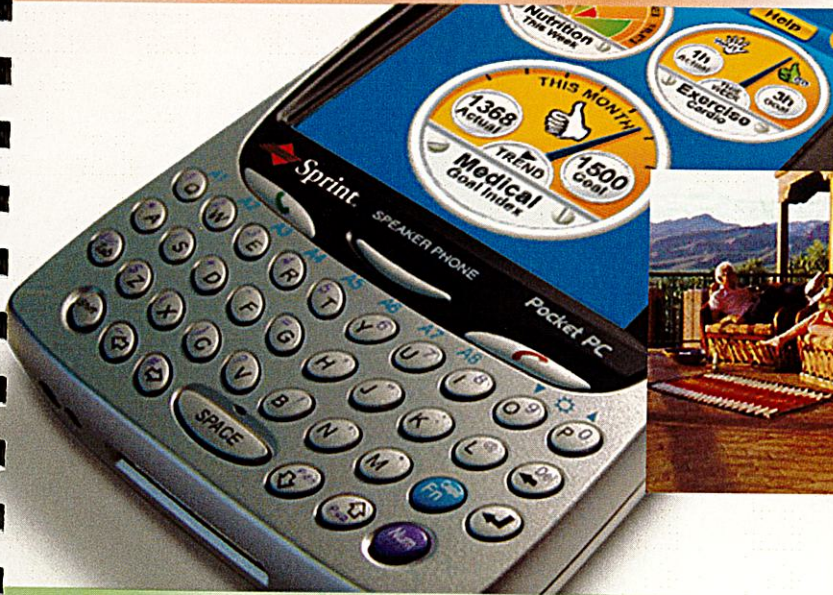


TAKE YOUR
advisor
home
WITH YOU.

MY CANYON RANCH



CANYON
RANCH®
HEALTH RESORTS

Tucson, Arizona - Lenox, Massachusetts
canyonranch.com

TAKE YOUR advisor home WITH YOU.

Close your eyes, take a deep breath and...

Imagine that you can take the Canyon Ranch experts home with you.

Imagine they can monitor you, coach you, and support you.

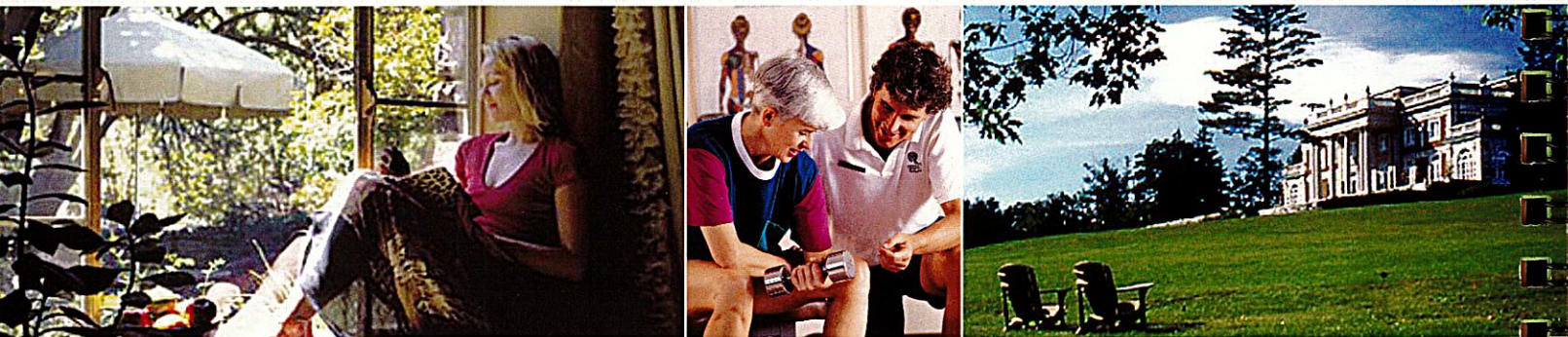
Imagine that they are there at any moment to help you achieve your goals.

These are the benefits of Pocket Ranch and the Canyon Ranch Body Monitor (powered by BodyMedia™).

Canyon Ranch provides you with continuous health and wellness guidance, personalized to your specific needs. By providing an easy to use monitoring device and a personalized communication tool, Canyon Ranch will help you achieve your goal of optimal health.

With Pocket Ranch and the Canyon Ranch Body Monitor, you will be able to automatically update your profile, view your reports and receive continuous feedback from your Canyon Ranch Team about:

- Your diet
- Your sleep habits
- Your exercise
- Your stress level
- Your test results



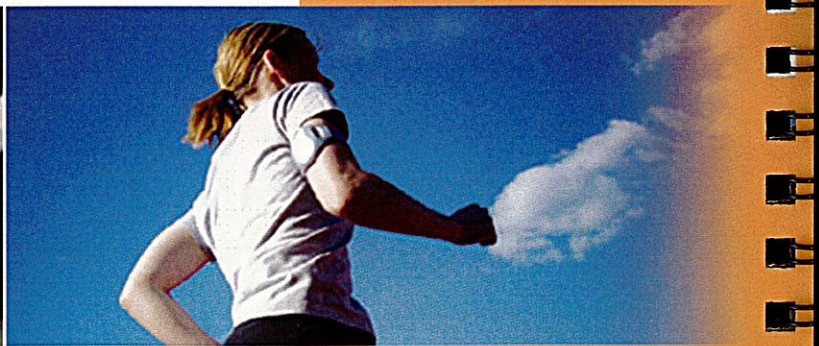


Imagine that
Canyon Ranch
is there at any
moment to help
you achieve
your goals.

JUST wear IT!

This is the easiest way to track your physiological data. With the Canyon Ranch Body Monitor, we offer the most precise and comprehensive way to collect, store, and process powerful physiological and lifestyle information such as calories burned, activity level, and sleep states—continuously and accurately. This tool is critical if you want to achieve optimal health. The Body Monitor continuously tracks:

- Total Calories Burned
- Minutes of Exercise
- Number of Steps
- Sleep Onset
- Wake Time
- Sleep Duration
- Resting Energy Expenditure
- Active Energy Expenditure
- Skin Temperature
- Near Body Temperature
- And More



The easiest way
to track your
physiological data.



Technology WITH A HUMAN TOUCH.

The Pocket Ranch* is a powerful portable device that will follow you everywhere you go. This means you can have access to your information and your experts from the comfort of your home, at work, when traveling... It makes data entry effortless and provides you with on-the-go coaching and reminders. There's nothing more motivating than personalized feedback.

- Access your information anywhere anytime
- View and log your exercise program (with video description and coaching comments)
- Easily log all your nutrition information wherever you are
- Communicate and share data with your personal advisors (physician, coach, nutritionist, exercise physiologist) and receive video feedback
- Automatic wireless synchronization
- Receive on-the-go coaching and reminders
- Consult real time visual reports about your nutrition, exercise, lifestyle and medical data
- Log and track your health data
- Review your lab test results

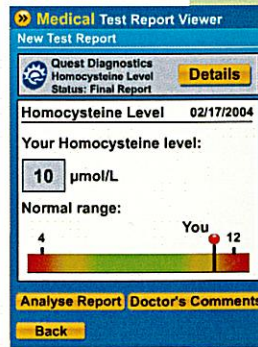
Communicate and share data
with your personal advisors
(physician, coach, nutritionist...)



Consult real time
visual reports



Receive video feedback from
your personal advisors



Review your
lab test results



Log all your
nutrition information



Preacher curl

 SET 1/3

Set Done

Weight 35 lbs

Reps 10

Tempo 2 - 4

Intensity Med

Rest 45 sec

Done **Countdown**

Coach tips

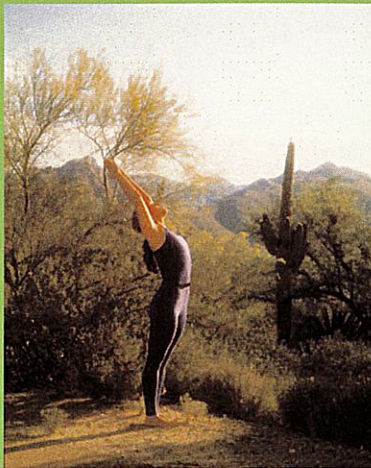
Make sure to keep your upper arms on the pad and don't let your elbows spread apart.

Video

Details

View and log your exercise program

MY CANYON RANCH



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Information
info@pocketranch.com