## UPCOMING Canyon Ranch Events



Gotta Dance at the Ranch June 19 - 22, 2025 Lenox, MA



Awaken Yoga Festival July 17 - 20, 2025 Tucson, AZ

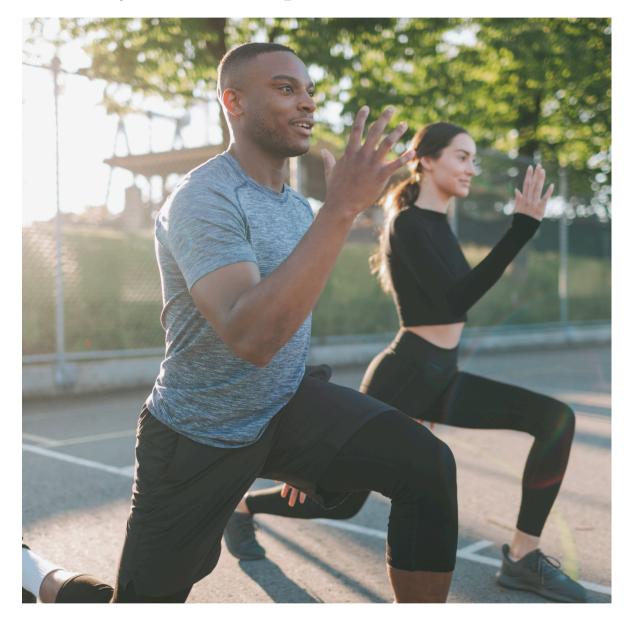


Family Summer Camp JULY 20 -24, 2025 Lenox, MA



Gotta Dance at the Ranch AUGUST 3 - 8 Tucson, AZ

A Canyon Ranch Sports Health Immersion





To learn more, scan the QR code or contact Reservations at (800) 742-9000. June 1 - 4, 2025



# POWERUP

### FROM OUR MANAGING DIRECTOR





#### Greetings,

We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch Lenox as your own healthy haven, the place for renewal, wellness, and happiness.

We applaud you for prioritizing personal growth. On your immersion, you'll dive into expert-led programs, curriculum, and materials that help you master proven methods alongside highly skilled experts.

Designed for an intimate group, immersions bring together a community of like-minded individuals to inspire and support each other throughout your stay - and beyond.

Between scheduled activities, we encourage you to explore our scenic landscape, connect with nature, and try something you've never done before. Right now, you're in the perfect place for refreshing your spirit, setting goals, and reducing stress. This is a time to move ahead with optimism and renewed appreciation for each day.

Yours in Health,

Mindi Morin Managing Director

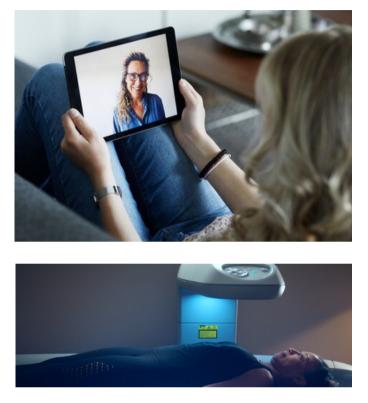




## PowerUp: A Sports Health Immersion June 1 - 4, 2025

Join us for PowerUp, an exclusive sports health immersion at Canyon Ranch Lenox, featuring Dr. Ankit Shah. This dynamic program blends expert lectures, fitness sessions, and personalized testing and evaluation to enhance your athletic performance and overall well-being. Whether you're looking to optimize your fitness routine, prevent injury, or improve recovery, PowerUp offers a comprehensive approach to sports health. Gain valuable insights from Dr. Shah, engage in hands-on fitness activities, and receive tailored assessments to elevate your physical potential. Perfect for athletes and active individuals seeking to unlock peak performance and long-term health.

## EVENT DESCRIPTION



## FEATURED SPEAKER

## Dr. Ankit Shah



Ankit B. Shah, MD, MPH, FACC, is a nationally recognized sports cardiologist who has completed a dedicated fellowship in sports cardiology at the Massachusetts General Hospital/Harvard University. He is team cardiologist for USA Swimming, cardiology consultant for the United States Olympic and Paralympic Committee, and on the NBA Cardiac Advisory Committee. He has also served as team

cardiologist / cardiologist consultant for teams in the NFL, NBA, NHL, MLB, MLS, and WNBA. He is an editorial board member for ACC.org, member of the Sports & Exercise Leadership Council and recognized as Top Doctor by Baltimore Magazine.arch and education, providing mentorship to residents and fellows.



#### Heather Giordano MS, Senior Performance Scientist

Heather works one-on-one with our guests to develop strategic exercise plans that fit their lifestyles and help reduce the rate at which their bodies age.

## Iennifer Baker-Porazinski MD, Physician

Dr. Baker-Porazinski helps guests define and achieve their health goals, while treating the whole person: mind, body, and spirit. This personalized approach to wellness and prevention may involve ordering and interpreting screening tests, coordinating care with other Canyon Ranch health experts, or any aspect of health a guest wants to explore.



#### Iulien Ardouin Executive Chef, Lenox

Julien is dedicated to creating exquisite cuisine for guests at Lenox. His Paristrained experience in two Michelin-Star restaurants, and later as an Executive Chef at high-end restaurants, gives him the depth of experience to cater to refined tastes and to infuse luxurious meals and ingredients into the Canyon Ranch wellness experience.



## CANYON RANCH EXPERTS



#### Dan Marko

MA, Senior Spiritual Wellness Provider

Dan helps guests explore how developing or deepening a spiritual practice can enhance personal and professional relationships. He provides individual consultations, group lectures, and workshops.



#### Eric Williamson

PhD, RD, CSSD, Nutritionist, Director of Nutrition

Dan helps guests explore how developing or deepening a spiritual practice can enhance personal and professional relationships. He provides individual consultations, group lectures, and workshops.



### Rachel Portnoy

Demonstration Chef / Instructor

Chef Rachel leads cooking and baking classes for guests at Canyon Ranch Lenox in the Berkshires. Her specialties include bread baking, gluten-free and vegan baking, vegetarian and vegan cooking, lowglycemic cooking, and international cuisines.

# Power Up: Sports Health with Dr. Ankit Shah

7 AM	SUN   JUNE 1	MON   JUNE 2	TUES   JUNE 3
7:30			
8 AM		7:45 - 8:45 AM	7:45 - 8:45 AM
8:30		<b>On-Property Pole Hike/Nordic Walk</b> Outdoor Sports Boards	<b>On-Property Pole Hike/Nordic Walk</b> Outdoor Sports Boards
9 AM			
9:30		9 - 10 AM VO2 & You With Heather Giordano	
10 AM		Sargent Brook Lounge	
10:30			
11 AM			11 AM - NOON
11:30	Travel Day & Arrive at Canyon Ranch		— — — TnT: Tabata 'N' TRX — — —
12 PM	Free time for lunch, services, assessments and activities	NOON - 1 PM	Sports Court
12:30		Lunch & Learn: Exercise Fueling Foods with Dr. Shah & Nutritionist	
1 PM		Demo Kitchen	1 - 2 PM
1:30 2 PM			
2:30		2 - 3 PM The Athlete's Heart with Dr. Shah Sargent Brook Lounge	
3 PM		3 - 4 PM	3 - 4 PM
3:30		- Navigating Diet Trends with Eric W.	Exercise & Longevity with Dr. Shah
4 PM		Sargent Brook Lounge <b>4 - 4:45 PM</b>	Sargent Brook Lounge
4:30	4:30 - 5:30 PM	– Endurance Ride – – – – – – – – – – – – – – – – – – –	
5 PM	Meet & Greet Welcome Circle with Dan, Heather & Dr. Shah	Cycling Staddo	
5:30	Sargent Brook Lounge 5:30 PM - 7 PM		
6 PM			
6:30	Group Welcome Dinner		
7 PM	CR Grill		
	Presentation Class Group Meals	Dr. Ankit Shah 🗾 Outdoor Sports	

## SCHEDULE OF ACTIVITIES

WED   JUNE 4	
	7 AM
	7:30
	8 AM
	8:30
9 - 11 AM	9 AM
	9:30
Hike: Level 3 - Healthy Heart & Bones	10 AM
Outdoor Sports Board	10:30
11 AM - NOON Panel Discussion & Q&A	11 AM
Dr. Shah, Heather, Éric	11:30
Sargent Brook Lounge NOON - 1 PM	12 PM
Heart Health for Athletes: Risks & Prevention	12:30
Sargent Brook Lounge <b>1 - 2 PM</b>	1 PM
— Farewell Lunch with Dr. Shah — —	1:30
Canyon Ranch Grill	2 PM
	2:30
	3 PM
	3:30
Depart Canyon Ranch	4 PM
or begin extended stay	4:30
	5 PM
	5:30
	6 PM
	6:30
	7 PM

## Power Up: Sports Health with Dr. Ankit Shah

#### SUNDAY | JUNE 1ST

8am-4:30pm | Travel Day & Arrive at Canyon Ranch Lenox

4:30pm-5:30pm | Meet & Greet Welcome Circle Sargent Brook Lounge PRESENTATION

#### MONDAY | JUNE 2ND

### 7:45 - 8:45 am | On-Property Pole Hike/ Nordic Walk Outdoor Sports Board

Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning

#### OUTDOOR SPORTS

#### 9 - 10 am | VO2 & You with Heather Giordano

Sargent Brook Lounge
PRESENTATION

#### 12- 1 pm | Lunch & Learn: Exercise Fueling Foods

Demo Kitchen

Discover the best foods to fuel your workouts! Enjoy a three-course meal while our chef demos a nutrient-rich entrée, paired with expert tips on optimizing energnd recovery. First come, first served.

DR. ANKIT SHAH GROUP MEALS

#### **5:30pm-7pm** | **Group Welcome Dinner** *CR Grill*

Get to know each other and chat about the week ahead over a delicious, healthful group meal alongside our experts.

#### GROUP MEALS

#### 2 - 3 pm | The Athlete's Heart with Dr. Ankit Shah

Sargent Brook Lounge Explore how intense exercise shapes the athlete's heart, its health impacts, and how it differs from similar conditions. Perfect for athletes, fitness enthusiasts, and anyone curious about the body's unique adaptations to physical demands. DR. ANKIT SHAH

#### 3 - 4 pm | Navigating Diet Trends

Sargent Brook Lounge

With a nutritionist, dive into the claims and science behind today's biggest diet trends. From keto to intermittent fasting and more, learn how different diet trends impact health and performance.

#### PRESENTATION

#### 4 - 4:45 pm | Endurance Ride Cycling Studio

Zone 2 training is moderate, steady exercise. A Performance Science expert shares the benefits of training in Zone 2 for aerobic efficiency. Receive your personalized Functional Threshold Power assessment, followed by a endurance indoor cycling ride.

#### FITNESS CLASS

#### TUESDAY |JUNE 3RD

#### 7:45 - 8:45 am | On-Property Pole Hike/ Nordic Walk

*Outdoor Sports Board* Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning

#### OUTDOOR SPORTS

#### II - II:45 am | TnT: Tabata 'N' TRX

#### Sports Court

This workout offers the best of both worlds, combining Tabata cardio intervals with working blocks of TRX® strength exercises.

#### FITNESS CLASS

#### WEDNESDAY | JUNE 4TH

#### 9 - 11 am | Hike Level 3 -Healthy Heart & Bones

#### Outdoor Sports Board

Use your wearable and hike with a weighted pack or just come as yourself and enjoy a hike! Performance Science experts will show how to use your wearable, add a ruck to burn more calories than walking and less impact than running.

#### OUTDOOR SPORTS

#### II a m - Noon | Panel Discussion & Q&A

#### Sargent Brook Lounge

Join the experts to review the information from the week and answer your outstanding questions.

#### PRESENTATION

In addition to the Immersion experience, enjoy any of the daily activities in our complete Ranch Schedule by scanning here.

## ACTIVITY DESCRIPTIONS



**3 -4 pm** | Exercise & Longevity with Dr. Shah Sargent Brook Lounge

Discover how exercise boosts longevity, heart health, mental wellness, and reduces chronic disease risks. Learn the best types and amounts for aging well, plus practical tips to stay active for a healthier, vibrant life!

DR. ANKIT SHAH

#### Noon - I pm | Heart Health for Athletes: Risks & Prevention

Sargent Brook Lounge

Peak fitness doesn't guarantee immunity from heart issues. Learn to manage risks like high blood pressure and cholesterol, recognize key symptoms, and distinguish training strain from potential problems for optimal health and performance.

DR. ANKIT SHAH

I - 2 pm | Farewell Lunch with Dr. Shah Canyon Ranch Grill

DR. ANKIT SHAH GROUP MEALS



<ul> <li>INCLUDED SERVICES</li> <li>VO2 Max (2 sessions),</li> <li>Labs and MD Consult ((2</li> <li>2 days of Vitality Access</li> </ul>
Book your services with or contact a V

ult ((2) 25 min. sessions)



es with the Canyon Ranch App act a Wellness Guide.