

THE RANCH

MALIBU™

ENDURANCE • NUTRITION • WELLNESS



30 DAY PRE-ARRIVAL PROGRAM

THE RANCH™

Hello from The Ranch,

Your stay is only 4 weeks away and we look forward to spending the time with you! The following 30 Day Pre-Arrival Package includes suggestions for you to incorporate into your weekly schedule to help you prepare. Each week we suggest you make some small changes to your exercise habits, food consumption, sleep, awareness and meditation. In addition, we have enclosed packing tips to ensure that you are ready for your trip. This packet is meant to be a guide to help prepare you for your visit and your participation is encouraged but optional.

These recommendations will improve your results and make your stay more comfortable and enjoyable. We suggest eliminating alcohol, diet drinks, and the consumption of processed foods, unnatural sweeteners and sugar, sugarless gum, tobacco, cigarettes and any item with ingredients you can't pronounce

During your stay, we encourage you to disconnect as much as you are able to and embrace the opportunity to "Unplug" as the less outside communication you have, the more impactful the experience will be. We have WiFi available in your private cabin should you need to work or check-in with friends and family.

The program is going to be rewarding and most of all fun. We look forward to seeing you next month.

To your health, life's greatest luxury.

Sincerely,
The Ranch Staff



THE **R**ANCH[®] VALUES

We invite you to **RELINQUISH RESPONSIBILITY** and **have fun!** We are here to do the planning and logistics of the day for you. Your only job is to **focus on you. Accomplish the GOALS** that brought you here. Our structured program exists to help you **achieve** all that you can during your stay. Smile and laugh often. **Speak up** if you are having any difficulties. Asking for help is not a sign of weakness; it is a sign of **STRENGTH**. Get off the grid and **focus on yourself**. The world will still be there when you get back. Remove can't and won't from your vocabulary and **ALWAYS GIVE YOUR BEST**. Be honest with yourself. The Ranch is a place where style and fashion are secondary to nature, unplugging and feeling alive. **EXERCISE, SWEAT AND GET A LITTLE DIRTY!** Connect with the natural surroundings. **COMMIT TO CREATING A SACRED SPACE**, physically and mentally to **allow awareness** of the present to **grow**. Strive to **learn who you are** during this process. Remember that **EACH PERSON'S JOURNEY IS DIFFERENT**, whether this is your first time to visit or you have been here many times. **Be mindful and considerate** of everyone's feelings and supportive of everyone's experience. **TREAT EVERYONE AS YOU WISH TO BE TREATED**. **Be in the present moment. TRUST OUR STAFF**. We understand our program and have seen many people go through this process. You will **ACHIEVE THE BEST RESULTS** through **your own effort of pushing yourself** and knowing **YOU CAN DO ANYTHING YOU PUT YOUR MIND TO**. We will be here to push, support, nurture and educate you. If you have questions or concerns, **PLEASE ASK US** so we can **MAKE YOUR EXPERIENCE MORE REWARDING**.



PACKING LIST:

We highly recommend all of the items below to ensure you are comfortable and blister-free during your stay. Please note, laundry is available daily.

- Clothing that wicks moisture from the skin are recommended. Cotton clothing for exercise and hiking should be avoided unless you bring several to change into in the same day.
- We recommend at least 4 sets of hiking / fitness / yoga clothes that can be interchangeable, a light to medium fleece-type pull over jacket and a water resistant hiking jacket.
- Hydration backpack system with a hip belt such as a Camelbak or Osprey that will comfortably hold at least 3 liters / 100 oz. of water, PLUS room for other personal items (toiletries, sunblock, windbreaker, etc.).
- 1-2 pairs of broken-in workout/training or trail running type shoes. (With at least 1 month of use). It is best if the shoe is nylon and not leather for breathability.
- 3 pairs of not too thick hiking or running socks. We do not recommend cotton socks, as they cause blisters. Please ask a professional hiking store what they recommend for 10 miles of daily mountain hiking with a light pack, especially if you are not accustomed to hiking.
- A sun hat.
- Sunglasses (two pair just in case).
- Sunblock (we recommend at least SPF 30).
- A bathing suit for use in our pool, cold plunge and Jacuzzi.
- Bandanas/handkerchiefs.
- We recommend casual clothing that allows you to be comfortable in the evenings, including flip flops or sandals after hikes and beach lunches. Uggs are nice in the cooler months, as are gloves and beanies.

We discourage formal attire, makeup, jewelry and accessories of high worth, or significant sentimental value. We encourage you to pack light and bring only items of necessity to help allow for a complete and total disconnect from the 'grid'. We have a safe in each guest cottage.

DO NOT PACK:

- Alcohol
- Cigarettes
- Food / Snacks / Gum
- Matches
- Sweets of any kind
- Tobacco
- Energy bars, gels, carbohydrate mixes

HIKING SHOE GUIDELINES:

We want to make sure your feet stay happy and blister free during your visit to The Ranch. Below are a list of guidelines to help you choose proper shoes for all of our hiking. You will be hiking over 50 miles during your stay over a variety of terrain. There will be hills of all sizes we will go up and down. Some trails are smooth, others more rocky. All are very well travelled. Find a shoe that is the most comfortable for all of these options and your feet will thank you!

SHOE TYPE: Most of our trails are well travelled and while there are rocks, a strong ankle should be fine in more of a shoe style. If you have any ankle or balance problems, definitely bring a boot for ankle support. A hiking sneaker or possibly trail running sneakers are appropriate.

WEIGHT: We will be on trails for several hours and a lighter shoe would be better suited over a heavy one.

SEASONS: The change in seasons seems to be happening later and later, so it's always wise to keep track of the weather before you come and still expect it to change. Our summers are typically dry and hot. A shoe with more breathability will help keep your feet drier and help prevent blisters. Feet also tend to swell a lot more in the heat, so make sure you have plenty of room by opting for a larger size. During the winters, we have more rain and a water proof shoe will be better to keep your feet dry. You may even opt for low gaiters to further decrease the amount of water that gets in.

SHOES FITTED: Go to an outdoor store to be fitted. Bring in these guidelines to help in your selection process along with the socks you intend to wear on your trip. Keep in mind your feet will swell, so a half to full size bigger are great. Make sure you walk around in the shoes for a while. Many outdoor stores also have a ramp or stairs you can walk up and down on. Inserts may help improve your comfort level. You will be spending 4 - 5 hours in these shoes everyday so you want to make sure they are comfortable.

BREAK YOUR SHOES IN: Now that you have your new shoes, ease into them. Walk around the house with them. Run errands in them. Go for walks and short hikes.

SOCKS & LINERS: You want socks that are designed for wicking, so don't use cotton. We recommend wool socks (not too heavy). In the winter, warmer socks may be better than in the summer. Some guests like Sock Liners to enhance with wicking, some don't. We recommend buying two pairs to try it out and see what works for you.

ADDITIONAL SUGGESTIONS FOR REDUCING BLISTERS: A small amount of Anti-chafe balm may help reduce friction on known areas where blisters have occurred. Some of our guests like socks with toes to minimize friction. A light dusting of talcum powder can help keep your feet dry, but too much could maybe cause blisters. Wash your feet nightly. Keep pebbles, sticks and the like out of your shoe. Make sure your feet are dry before hiking. Moisturizer and cream on your feet prior to hiking may actually increase sliding around the shoe and increase blisters.

SPORT SHORT PEDICURES: Cut back your toe nails. Make sure the toes are trimmed so that they don't interfere with your daily hiking and don't buff out your calluses.

4 WEEKS UNTIL YOUR ARRIVAL (28-22 day pre-arrival prep)

This week, our goal is to expand your awareness. As the weeks progress, we recommend you incorporate these simple daily practices into your regular routine. If you already maintain a fitness regiment, this should not be a substitute for it, but rather an addition to your daily accomplishments.

Remember the goal of this experience is to get you on track towards a healthier, more balanced you! Health and balance are ideals that we can always improve upon.

“You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end.” - S.A. Friedman

Exercise:

- Begin tracking your daily exercise.
- If you're not already walking with someone, think about including your children / spouse / friends.
- If you haven't begun breaking in your shoes and socks, now is the time! It will help ensure that you are blister free during your week at The Ranch.
- Do 10 pushups and 10 crunches at least 2 times this week.
- Stretch each day for at least 3 minutes, first thing in the morning and before going to bed.

Food:

- Our goal in this area is to lower the quantity of sugar, alcohol, meat and processed foods you may ingest.
- Note when you eat your biggest meal of the day.
- Observe what you routinely eat and have the intention of improving upon that.
- Read the labels on the foods you have in your home. Observe how many of your foods contain artificial sweeteners such as Nutrasweet (aspartame/neotame), Sweet-N-Low (saccharin) or Splenda. Reduce the consumption of anything that contains the words “hydrogenated” or “partially hydrogenated.”
- Observe how much water you drink in ounces each day. Only count the water you consume, do not include juice, sports drinks, coffee, tea, etc.

Sleep:

- Think about going to bed 15 minutes earlier than usual each night.

Awareness & Meditation:

- Concentrate on 5 deep breaths each day, filling your lungs so your abdomen expands and contracts.
- If you haven't had a physical in the last year, you may want to consider making an appointment with your doctor. Request a Cholesterol test, Fasting Blood Glucose/Oral Glucose test and blood pressure.

3 WEEKS UNTIL YOUR ARRIVAL (21-15 day pre-arrival prep)

This week, we are expanding action and intent into your daily practices.

“Act as if what you do makes a difference. It does.” - William James

Exercise:

- Walk 2 - 3 days this week, for 1-2 hours.
- Do 2 sets of 10 pushups and 10 crunches at least 2 days.
- Stretch each day for 3 minutes first thing in the morning, and for 3 minutes before going to bed.
- Attend one yoga class this week.

Food:

- Note how you feel after you eat your biggest meal of the day.
- If you like sweets, have them during the day instead of at night.
- Reduce by half, the amount of artificial sweeteners such as Nutrasweet (aspartame/neotame), Sweet-N-Low (saccharin) or Splenda you consume. Consider using a more natural sweetener such as organic maple syrup, organic honey, organic agave nectar, organic raw sugar, or processed stevia.
- For those who chew sugarless gum, check to make sure your gum does not contain the artificial sweeteners listed above.
- Intend to eat dinner earlier in the day.
- Actively reduce the portions of your regular meals.
- Increase the amount of water you drink by 12 ounces each day.
- Reduce by half the amount of coffee or tea you consume each day.
- Observe how much juice or soft drinks you consume each day.
- Have several vegetarian only meals this week.
- Skip alcohol or wine at least twice this week.

Sleep:

- Go to bed 15 minutes earlier than usual each night.

Awareness & Meditation:

- Pay attention to your posture several times in the day. Feel the crown of your head reaching upward creating a long spine and your shoulders sliding toward the floor with the front of your chest opening. Notice how much better it feels when your posture is upright. Try spending as much time as possible keeping your posture upright (especially when at the computer, desk, etc.).
- Concentrate on 10 deep breaths each day, filling your lungs so your abdomen expands and contracts.

2 WEEKS UNTIL YOUR ARRIVAL (14-8 day pre-arrival prep)

This week, we continue our daily practice, preparing for the challenge of our body's rebellion and resistance to change.

“Thinking is easy, acting is difficult, and to put one's thoughts into action is the most difficult thing in the world.” - Johann Wolfgang von Goethe

Exercise:

- Increase your walking time outdoors to 2 hours to 2 and a half hours 2 - 3 times this week. Make sure that half your time is spent at an incline. If you only have flat surfaces around you, spend 20 minutes walking up and down stairs. On your “off days,” walk a minimum of an hour.
- Increase your pushups and crunches to 3 sets of 10 at least twice this week. These sets do not have to be done all together.
- Stretch each day for 5 minutes first thing in the morning, and for 5 minutes before going to bed.

Food:

- Notice how your new awareness about food is affecting conversations with others.
- Notice any cravings you may be having.
- If you like sweets, have them only 1 day this week, and not in the evening.
- Eliminate ALL consumption of artificial sweeteners such as Nutrasweet (aspartame/neotame), Sweet-N-Low (saccharin) or Splenda.
- Continue to reduce the portions of your regular meals.
- Increase the amount of water you drink by 24 ounces each day.
- Reduce by half, juice or soft drinks you consume each day.
- Try to increase the number of vegetarian only meals this week.
- Skip alcohol or wine 4 times this week.

Sleep:

- Go to bed 30 minutes earlier than usual each night.

Awareness & Meditation:

- Continue to notice your posture several times in the day.
- Concentrate on 10 deep breaths before each meal (at least 3 times each day).

I WEEK UNTIL YOUR ARRIVAL (7-0 day pre-arrival prep)

You're just 1 week away from your arrival! Your focus is to prepare your body's chemistry from the withdrawal of sugar. Eliminate all added sugars and alcohol at least 4 days prior to arrival. Cut back your toe nails this week by getting a "Sport Short Pedicure." Make sure the toes are trimmed so that they don't interfere with your daily hiking and don't buff out your calluses.

"Habit, if not resisted, soon becomes necessity" - St. Augustine

Exercise:

- Push yourself this week. At The Ranch, you will be hiking approximately 2-4 hours daily.
- Walk 2-3 hours, 3 times this week, with an incline or stairs when possible. Make sure you're wearing the shoes and socks you'll be hiking in to get them ready for next week.
- Increase your pushups and crunches to 4 sets of 10, dispersed throughout the day on Tuesday and Thursday.
- Continue to stretch each day for 5 minutes first thing in the morning and 5 minutes before going to bed.

Food:

- Continue to notice any cravings you may be having.
- Eliminate all sweets, desserts and added sugar.
- Eliminate all soft drinks and alcoholic beverages.
- Continue to reduce the portions of your regular meals.
- Drink at least 12 ounces of room temperature water before each meal (at least 3 times) each day.
- Continue to increase the number of vegetarian only meals this week.

Sleep:

- Go to bed 1 hour earlier than usual each night.

Awareness & Meditation:

- Continue to notice your posture several times in the day.
- Concentrate on 10 deep breaths before each meal (at least 3 times each day).
- Sit quietly, in silence, by yourself, in a place where you will not be disturbed or fall asleep for 5 minutes, 3 days this week.

YOU ARE READY!

During your stay,
focus on putting one foot in front of the other
and go at your pace. This is your personal journey,
be proud of what you have accomplished thus far
and what you are setting out to achieve
during your stay with us.

