

CANYON RANCH®



BE STRONG
BE WELL

We may be far apart, but we're all in this together.

Feeling overwhelmed? Can you really boost your immune system? Maybe you wonder when you'll feel in control again.

Now more than ever, we're here for you. We care about you. And our Canyon Ranch integrative wellness experts are sharing tips for building resiliency and charting your course.

If you're feeling overwhelmed ...



RICHARD CARMONA, MD, MPH, FACS

17th U.S. Surgeon General
Canyon Ranch Chief of Health Innovation
Distinguished Professor, University of Arizona

Now and always, I encourage each of you to take charge of your own wellness. Your everyday habits can give you powerful preventive protection. Nourish your body's first line of defense – its immune system. You can support immune function by eating right, exercising, sleeping enough, and finding ways to unplug and practice kindness.

Stay informed, stay calm, and stay well.

TAKE CHARGE

If you want to strengthen your immune system ...



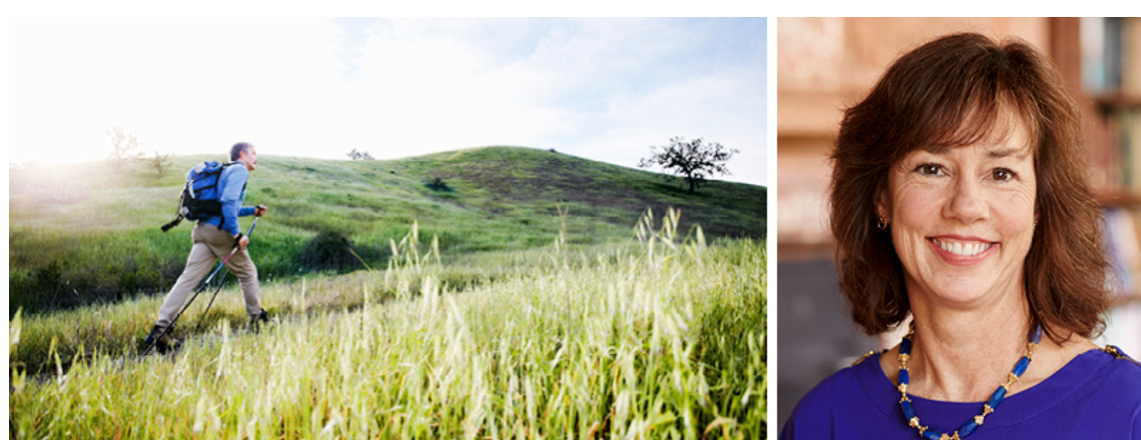
STEPHEN BREWER, MD

Medical Director, Tucson

I can't overstate the power of sleep, which is shown to support healing, enhance immune function, help prevent illness, improve mood and enhance well-being. Nutrition and stress management are essentials as well. Many of us will reach for comfort foods in the upcoming days – choose healthy versions that nourish your body and calm your spirit. It all adds up to a lifelong approach for resilience and good health.

BOOSTING IMMUNITY

If you want to find healing in nature ...



CYNTHIA GEYER, MD

Medical Director, Lenox

Look to the healing power of nature. While it may seem simple, don't underestimate the impact of getting outdoors. Take a hike, breathe in the fresh air and engage all your senses as you gain the benefits of vitamin D, avoid viruses and enjoy the scenery. Anxiety will naturally subside – and studies show that reducing stress is associated with boosted immune function. Connecting with nature is a powerful, joyful prescription for wellness.

NATURAL PATHWAYS

If you want to reclaim your mental focus ...



STEPHANIE LUDWIG, PHD, MDiv

Resorts Director of Spiritual Wellness

Stop for a deep belly breath, and take that moment to check in with yourself. If you feel fear, offer yourself compassion; give yourself what you need. We're all surrounded by stressors, especially now; disconnect from constant reminders in the news and connect with the people and purpose important to you. Adjust to uncertainty and let yourself respond with intention.

MEDITATE WITH STEPHANIE

Contact your Travel Advisor for more information

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