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THE PROGRAM

Since 1975, Pritikin's medically supervised, structured residential program has provided scientifically proven and consistent results to our guests via eye opening physician-led lectures, healthy meals, fitness classes, and more. Lauded by peer-reviewed journals including the New England Journal of Medicine, praised in magazines, including Business Insider, and attended by over 100,000 guests, a stay with us will change your life.

Pritikin guests learn how to make lifestyle changes to their eating and exercise habits in order to live a healthy life naturally. Guests learn how to read food labels, how to prevent a heart attack, how and why to avoid a sedentary lifestyle and more.

From the moment you arrive, you're in great hands. Our medical doctors, registered dietitians, exercise physiologists and psychologists are among the top healthy-lifestyle educators in the world. And no other wellness and weight-loss program is more highly regarded by the scientific community.

A STAY AT PRITIKIN WILL CHANGE YOUR LIFE



THE DETAILS

Your Pritikin Health and Weight-Loss Program includes...

- Luxurious accommodations
- Healthy and delicious meals
- Eye-opening lectures
- Fitness classes
- Optional activities such as cooking school, Zumba and more...

PREMIER PHYSICIAN CARE

A hallmark of Pritikin is our exceptional medical program. In-depth physician counseling is key to the program's success, no matter what your needs are. You will spend an ample amount of time in private consultations with one of our physicians. Services include:

- Health evaluation
- Cardio metabolic fitness testing
- State-of-the-art entrance and exit blood panels
- Personalized exercise prescription
- Dietary analysis
- Daily monitoring of medications



EYE OPENING EDUCATION

Our seminars are so invigorating that guests call us the “Harvard of Health Education.” We have decades of success turning people who want to live a healthier life into people who ARE healthier.

EXERCISE FOR LIFE

In addition to our daily fitness classes using state-of-the-art equipment, you will receive a highly customized plan involving cardiovascular conditioning, strength training and flexibility all designed to be fun and easy when you return home. During your stay at Pritikin you may also participate in a plethora of optional classes such as yoga, aquatics, and Zumba. We accommodate all fitness levels - from Olympic athletes to people with medical challenges or sports injuries.

GOURMET DINING

Our cooking classes are extremely popular with our guests, but whether you attend or not, you'll enjoy succulent fruit, exquisitely prepared vegetables, entrees such as grilled bison, crab cakes and wild mushroom risotto, and desserts including chocolate mousse. Hunger is never an issue. Guests are amazed that they're eating more yet weighing less.



THE RESULTS

The results speak for themselves. Over the past 40-plus years, more than 100 studies published on thousands of guests at Pritikin have documented unparalleled results. Pritikin has been proven to be “Wildly effective...” according to The Wall Street Journal...



RESULTS AFTER 3 WEEKS ON THE PRITIKIN PROGRAM INCLUDE

- Blood pressure significantly reduced. Nearly 60% of hypertensives left free of the need for blood pressure drugs.
- Blood sugar lowered on average 19%. Among diabetics taking oral drugs, 74% left drug-free or with their dosages substantially reduced.
- Average weight loss of 11.2 pounds for men and 7.3 pounds for women.
- LDL bad cholesterol fell 23% and triglycerides plummeted 33%.

IN ADDITION

- Among people who chose to come to Pritikin instead of having coronary bypass surgery, follow-up evaluations 5 years later found that 80% had remained surgery-free.
- Fully 100% of overweight children lost significant weight and reduced cholesterol.
- In *in vitro* testing, the Pritikin Program was found to significantly retard the growth of prostate and breast cancer cells, and induce cancer cell death (apoptosis).



THE RESORT

Pritikin is located on a 650-acre paradise of gorgeous gardens, shimmering pools, breathtaking golf courses and more...

ELEGANT ACCOMMODATIONS

Pritikin guests have access to all the resort has to offer:

- An opulent, relaxing spa
- Tennis courts
- Stunning swimming pools
- Award-winning golf courses

Lavish guest rooms and spa suites provide spacious, luxurious options to choose from. Gold leaf accents, marble details, and private balconies complement your accommodations.



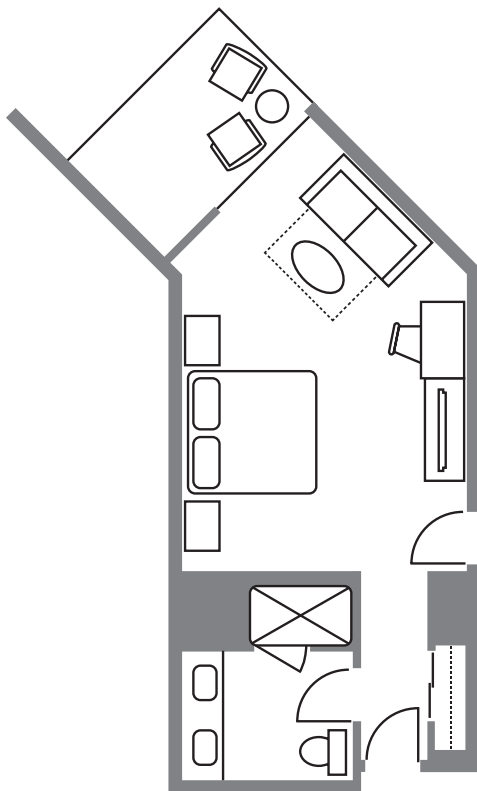
DELUXE GUESTROOM

LOCATED IN THE VILLAS



- 1 King or 2 Queen Beds
- Aromatic Pillow Selection
- Balcony or Lanai
- Golf or Garden View
- 55-inch LCD Flat-Screen HDTV
- Dual-line Phone
- Wired & Wireless High-Speed Internet

- Sony USB or Bluetooth wireless, AM/FM, Alarm Clock Radio
- Nespresso Beverage System with Espresso Coffee Selection
- Electronic Safe
- Iron/Ironing Board
- Imported Granite Countertops & Marble Flooring
- Frameless Shower with Rainfall Showerhead
- Luxurious Marble Flooring
- Shoe Polish & Cleaning Service



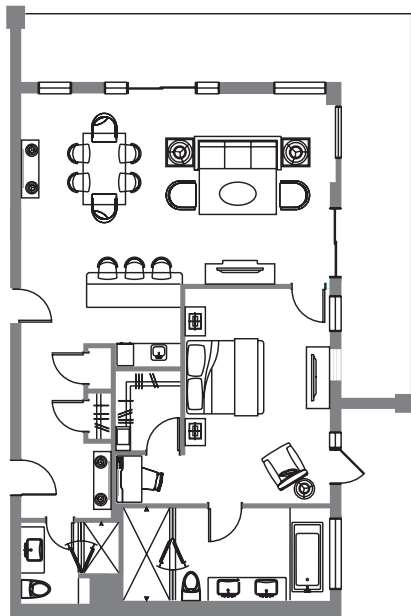
SPA GRAND SUITE

LOCATED IN THE SPA BUILDING



- 1,164 sq. ft. (108 sq. m.)
- Décor in shades of ocean blue
- Greige onyx on dining room table and side tables
- Custom carpet designed by Stark Carpet
- Polished gold leaf accents
- Awe inspiring golf views
- Schonbek chandeliers
- Aromatic pillow selection
- Italian bed linens by Bellino
- 55-inch LCD flat-screen HDTV
- Nespresso beverage system with espresso coffee selection
- Sony alarm clock with Bluetooth and USB connections
- Gourmet mini-bar

- Iron/ironing board
- Work desk
- Shoe polish & cleaning service
- Nightly turndown service (upon request)
- Balcony or lanai
- Granite counter tops
- Luxurious Breccia Italian marble finished bathrooms
- Deep soaking tub
- Separated frameless shower
- Rainfall shower head
- Italian marble topped vanity
- Magnifying mirror
- Dual line phone
- Wired & wireless high speed Internet
- Electronic safe



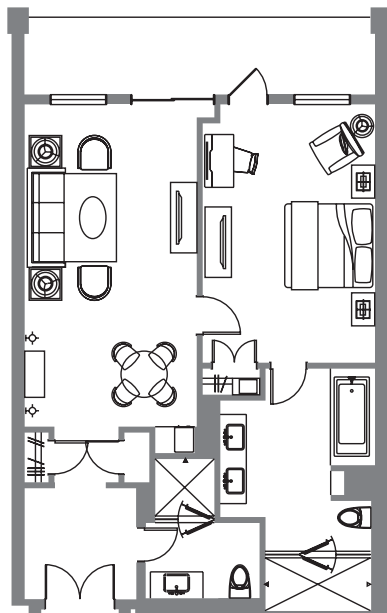
SPA PREMIER KING SUITE

LOCATED IN THE SPA BUILDING



- 1,013 sq. ft. (94 sq. m.)
- Décor in shades of ocean blue
- Greige onyx on dining room table and side tables
- Custom carpet designed by Stark Carpet
- Polished gold leaf accents
- Awe inspiring golf views
- Schonbek chandeliers
- Aromatic pillow selection
- Italian bed linens by Bellino
- 55-inch LCD flat-screen HDTV
- Nespresso beverage system with espresso coffee selection
- Sony alarm clock with Blue-tooth and USB connections
- Gourmet mini-bar

- Iron/ironing board
- Work desk
- Shoe polish & cleaning service
- Nightly turndown service (upon request)
- Balcony or lanai
- Granite counter tops
- Luxurious Breccia Italian marble finished bathrooms
- Deep soaking tub
- Separated frameless shower
- Rainfall shower head
- Italian marble topped vanity
- Magnifying mirror
- Dual line phone
- Wired & wireless high speed Internet
- Electronic safe



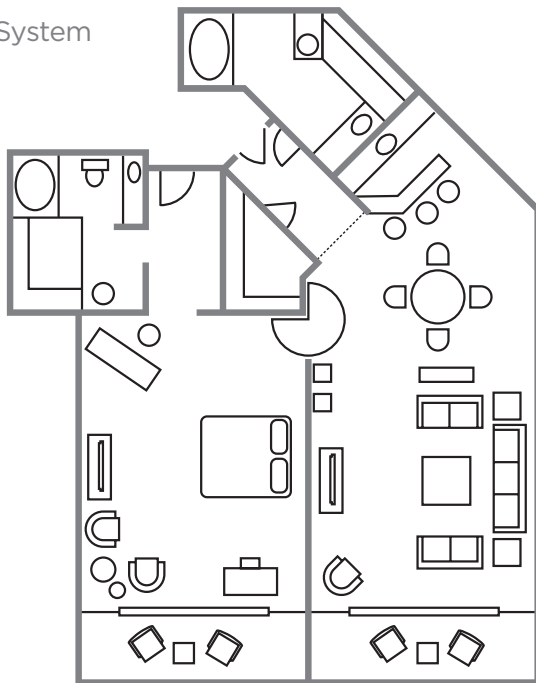
RESORT SUITE

LOCATED IN THE VILLAS



- Elegant, Marble-Floored Entry Foyer
- Parlor Area (500 sq ft)
- Two Full Bathrooms
- 1 King or 2 Queen Beds
- Aromatic Pillow Selection
- Balcony or Lanai
- Golf or Garden View
- 55-inch LCD flat-screen HDTV
- Dual-line Phone
- Wired & Wireless High-Speed Internet

- Sony USB or Bluetooth wireless, AM/FM, Alarm Clock Radio
- Nespresso Beverage System with Espresso Coffee Selection
- Electronic Safe
- Iron/Ironing Board
- Imported Granite Countertops & Marble Flooring
- Frameless Shower with Rainfall Showerhead
- Luxurious Marble Flooring
- Shoe Polish & Cleaning Service



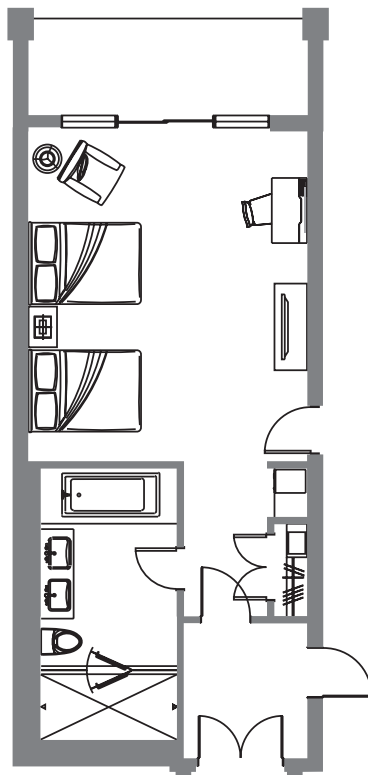
SPA PREMIER ROOM

LOCATED IN THE SPA BUILDING



- 572 sq. ft. (53 sq. m.)
- Décor in shades of ocean blue
- Greige onyx on dining room table and side tables
- Custom carpet designed by Stark Carpet
- Polished gold leaf accents
- Awe inspiring golf views
- Schonbek chandeliers
- Aromatic pillow selection
- Italian bed linens by Bellino
- 55-inch LCD flat-screen HDTV
- Nespresso beverage system with espresso coffee selection
- Sony alarm clock with Bluetooth and USB connections
- Gourmet mini-bar

- Iron/ironing board
- Work desk
- Shoe polish & cleaning service
- Nightly turndown service (upon request)
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- Luxurious Breccia Italian marble finished bathrooms
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- Separated frameless shower
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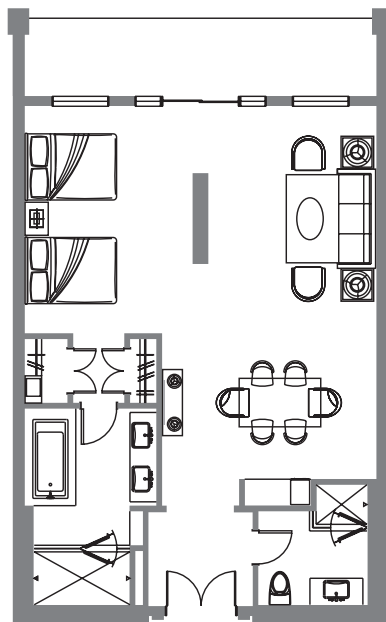
SPA PREMIER QUEEN SUITE

LOCATED IN THE SPA BUILDING



- 998 sq. ft. (93 sq. m.)
- Décor in shades of ocean blue
- Greige onyx on dining room table and side tables
- Custom carpet designed by Stark Carpet
- Polished gold leaf accents
- Awe inspiring golf views
- Schonbek chandeliers
- Aromatic pillow selection
- Italian bed linens by Bellino
- 55-inch LCD flat-screen HDTV
- Nespresso beverage system with espresso coffee selection
- Sony alarm clock with Bluetooth and USB connections
- Gourmet mini-bar

- Iron/ironing board
- Work desk
- Shoe polish & cleaning service
- Nightly turndown service (upon request)
- Balcony or lanai
- Granite counter tops
- Luxurious Breccia Italian marble finished bathrooms
- Deep soaking tub
- Separated frameless shower
- Rainfall shower head
- Italian marble topped vanity
- Magnifying mirror
- Dual line phone
- Wired & wireless high speed Internet
- Electronic safe



THE ENDORSEMENTS

People are talking...



"The gold standard? Pritikin."

NBC'S TODAY SHOW

*"The gold standard in
health and wellness support."*

OPRAH.COM

"Wildly effective..."

THE WALL STREET JOURNAL

*"Pritikin is where the A list goes...
to lose weight and get healthy."*

LAUREN YOUNG, BUSINESS WEEK

*"I was so impressed with the Pritikin
Longevity Center that I am personally
calling physician friends to say that the
best thing they could ever do for their
patients is refer them to Pritikin."*

EDGAR BATCHELLER, JR. M.D.,
GENERAL SURGERY





CORPORATE + EXECUTIVE RETREATS

Sending your key executives or entire company on a health retreat is one of the best investments you will ever make.

American industries lose more than \$32 billion and 132 million workdays annually due to employee illnesses and premature deaths related to heart disease. The annual medical costs for overweight/obese employees are five times that of normal-weight employees. Research has found that after just one year of adopting healthy habits, employees cut their average number of sick days in half. Scientists have also discovered that reducing just one health risk by participating in corporate wellness programs boosts productivity by 9%.

Our Corporate and Executive Retreats not only identify issues, but get results.



OUR CORPORATE RETREATS ARE CUSTOM DESIGNED AND MAY INCLUDE:

- Consultations with Pritikin's board certified physicians
- Fitness classes
- Interactive workshops on nutrition, stress management and heart health
- Delicious meals and/or cooking classes

OUR EXECUTIVE RETREATS MAY INCLUDE:

- Cardiac IQ Panel
- Echocardiogram
- Physician Consultation
- Carotid Ultrasound
- PSA Test (for men)
- Intimal Medial Thickness Test
- Testosterone Test (for men)
- Resting Metabolic Rate Test
- Estradiol Test (for women)
- DEXA Body Composition Scan
- T4 and T3 Test (for women)
- Personal Nutrition Consultation
- Exercise Tolerance Test
- Private Exercise Training

SPECIALTY PROGRAMS

In addition, throughout the year Pritikin offers specialty programs such as Pritikin Family Camp, Cooking 101 and Cooking Like a Pro. Please visit www.pritikin.com for more details.



Pritikin Family Camp runs for 2 weeks every summer and offers the whole family a chance to get healthy together. Parents experience the core Pritikin Program, while kids enjoy healthy and fun age appropriate fitness and cooking classes, outings and more with a group of their peers.

Healthy Cooking 101 is one of our most popular programs and runs for 2 weeks once a year. This hands on specialty cooking program features a wealth of recipes. Never has food prep been so simple, quick and delicious!

Cooking Like a Pro takes Healthy Cooking 101 to the next level. Running for 2 weeks once a year, these hands on cooking classes feature seasonal, mouthwatering recipes that will wow any crowd.

STAY FOR **TWO** WEEKS

It's been proven that in this day and age most Americans leave their vacation days on the table, but if you don't use them, you lose them, and why put working ahead of your health? Working on your health is THE most important job you'll ever have.

Although we understand that family, work and other commitments can make you hesitant to sign up at Pritikin for a full two weeks, trust us when we say that those who only stay one week often say that they wished they had stayed for two. We don't want you to miss out on any of the important material covered in the second week of your stay at Pritikin.

Benefits include:

- Numbers will continue to improve
- Attend a whole different set of eye opening lectures
- Exit blood panels
- Skills tested in real life situations
 - Supermarket outing
 - Dining out experience at an off property restaurant

You will NOT regret putting your health above everything else during a two week stay, which also happens to offer a great value!



**SIGN UP FOR OUR FULL
TWO WEEK PROGRAM
WITH YOUR PROGRAM ADVISOR NOW**

**WHAT ARE YOU WAITING FOR?
CALL 888.265.6001**



8755 NW 36TH STREET | MIAMI, FL 33178
www.pritikin.com | 888.265.6001

