

THE RANCH

AT LIVE OAK / MALIBU

THE FITNESS PROGRAM

The Ranch at Live Oak Malibu takes full advantage of its native landscape, three miles above the Santa Monica Mountains, to deliver a results-oriented fitness regimen that challenges each guest on a physical and mental level. In the company of an intimate fifteen person group, guests experience a strict no-options program combined with a mandatory seven-day stay to ensure physical weight loss, body detoxification and mental clarity are achieved.

Guests of The Ranch begin their transformation 30-days before ever stepping foot on the property through a series of suggested exercise, diet and healthy living assignments intended to prepare them for their time on-site. All guests are required to fill out a health evaluation prior to their visit to ensure their participation in the program does not present any health risks.

Developed under the guidance of Program Director Marc Alabanza, who worked closely with an advisory board of licensed medical and wellness experts, The Ranch's fitness program was designed to remove all decision making for each participant from sunrise to sundown to ensure maximum results through a variety of disciplines while also maintaining a balance between high and low-intensity activities. Guests will routinely shed fat equal to 5% of their body weight while at The Ranch. Women lose 6 – 8 pounds and an average of 11 inches of body fat. The men lose 9-12 pounds and 13 inches of body fat on average. Women have lost as much as 12 pounds and 21 inches and the men up to 20 pounds and 26 inches in a week. But equally or more importantly is how the week makes you feel.

A Day at The Ranch – Endurance. Nutrition. Wellness.

A typical day at The Ranch begins before 6 am. Guests engage in a morning stretch session and then breakfast before embarking on a four to five hour hike in the Santa Monica Mountains. The mountains surrounding The Ranch at Live Oak boast more than 200 miles of hiking trails and guests are never on the same path twice during their stay. Courses range in difficulty and conclude with special moments that celebrate the spectacular natural surroundings such as a tented lunch on the beach or a rustic picnic in the mountains.

Upon returning to The Ranch grounds and after lunch, guests are encouraged to nap and reflect before the afternoon fitness sessions commence which include a pool workout, core and ab work, weight training and daily group yoga sessions. When weather does not permit guests to enjoy these activities outside in the beautiful Southern California climate, classes are held in the open-air fitness pavilion that is enveloped by the natural landscape and live oak canopy. Daily massages pamper and reinvigorate tired muscles every afternoon. After an early dinner, guests retreat to their private accommodations for bed.

“We designed the program at The Ranch to be short on stay, yet long on benefits,” says Marc Alabanza, Program Director of The Ranch who worked closely with an advisory board of licensed medical and wellness experts to develop the fitness schedule. “Centered on physical endurance, balanced nutrition and wellness in nature, this program is not just defined by weight loss, but instead provides our guests with the skills, discipline and practice to make a lasting change in their lives. Unlike a resort or destination spa that can overwhelm one with choices, we dictate the decision making, allowing guests to focus on his or her entire being and achieve a sense of clarity.”

The intense daily physical regimen is complemented by homegrown organic vegetarian fare impeccably prepared and presented by acclaimed Executive Chef Kurt Steeber, The Ranch’s “Nutritional Alchemist”. Steeber worked closely with advising nutritionists to create the all-vegetarian diet that is both nutritionally and calorically calibrated to shed unwanted pounds or sustain guests throughout their stay. Because The Ranch is devoted to producing sustainable results, lasting nutritional and fitness guidance from its experts will continue after departure to ensure guests have the tools to maintain the benefits of their stay.

For more information and reservations, please visit www.theranchmalibu.com, or call 888.777.2177.

Media Contacts:

Melissa Amerian
Susan Magrino Agency
641 Lexington Avenue, 28th Floor
New York, NY 10022
212.957.3005, Melissa.Amerian@smapr.com