

THE RANCH AT LIVE OAK/MALIBU LAUNCHES NEW FITNESS PROGRAM

By Miranda Katz



*The Ranch at Live Oak/Malibu*

Known for its results-oriented fitness and wellness retreats, The Ranch at Live Oak/Malibu is now introducing a four-day version of its signature seven-day programs.

The retreat, dubbed The Ranch 4.0, is intended to promote fitness, weight loss, and sustainable lifestyle change while also celebrating the brand's expansion to a new location, as this four-day retreat will be held at Four Seasons Hotel Westlake Village through a partnership with California Health & Longevity Institute (CHLI). The Ranch 4.0 runs Thursday to Monday and is perfect for the health-minded individual who does not have the time to commit a full week to fitness and nutrition immersion.

"We are very excited to launch a new phase of the program with the support of California Health & Longevity Institute," said Alex Glasscock, founder of The Ranch at Live Oak / Malibu. "The Ranch 4.0 program has been carefully crafted to provide a 'jump start' towards achieving maximum fitness and weight loss goals, and to offer guests a unique wellness experience by tapping into California Health & Longevity Institute's signature programs and services."

The Ranch 4.0 mirrors the daily routine of The Ranch's seven-day stay with 8-10 hours per day of rigorous exercise. You might spend your morning hiking a nearby mountain, enjoy a delicious vegetarian lunch from executive chef Rob Dalzell, and spend the afternoon taking exercise classes that include core and abdominal work, weights, body toning and sculpting, and daily group yoga sessions, followed by a daily massage. The Ranch 4.0 aims to engage its guests in extended low-impact, moderate activity, rather than short bursts of intense activity that can lead to injury. The program is designed to enhance metabolism, cleanse and detoxify the body, facilitate healthy weight loss, and clear the mind.

Meals add up to 1,400 calories per day, are made from the finest, freshest seasonal ingredients, and are served in a charming greenhouse setting. There is no alcohol, caffeine, soy, gluten, dairy, or processed sugars in any of the food served on site. Guests can also attend a healthy nutrition class and cooking demonstration, led by a registered Dietitian-Chef.

During their four-day stay, guests reside at Four Seasons Hotel Westlake Village in private rooms with queen size beds and lush bathrooms, where wireless internet access, concierge service and a business center are available for personal and business needs. Guests also have access to the hotel spa, which was named as one of the Top Ten hotel spas in the United States; it includes steam, sauna, whirlpools and indoor and outdoor swimming pools, not to mention treatments such as a Lavender Milk and Honey Cocoon (\$335) and a Custom-Blended Aromatherapy Massage (\$165-235).

The Ranch 4.0 is an all-inclusive results-oriented program and is priced at \$3,800.00 per person.