



# Arden Hills Raises the Bar For Healthy Living With Innovative New Wellness Programs

## *New Offerings Focus on Weight Loss, Fitness, Nutrition & Rejuvenation*

SACRAMENTO, Calif. (February 1, 2010) – Already a sought-after destination for exquisite weddings, award-winning spa services and exemplary swim and tennis instruction, Arden Hills Resort Club & Spa is setting a new standard of wellness with innovative new Wellness Programs designed to enable guests to fulfill their individual health-minded goals. With exciting new offerings ranging from one day “stay & play packages” to comprehensive 12-week complete programs, these new Wellness Programs focus on five primary thematic areas, including: **Change** (weight loss); **Nourish** (nutrition & food); **Balance** (mind & body); **Empower** (strength & conditioning) and **Restore** (relax & unwind).

“Our exciting new Wellness Programs raise the level of expert instruction, education and hands-on demonstration to entirely new heights as we guide and motivate people to achieve their fitness, nutrition and overall wellness goals,” said General Manager Scott Sharrow. “Whether you are trying to lose weight, improve your diet or simply enhance your life through healthy choices, Arden Hills is -- quite simply -- your wellness destination.”

Depending on the personalized program, the activities range from one-on-one nutrition and fitness consultations to elaborate kitchen overhauls and even hands-on trips to the grocery store and local farmers’ markets. Some are designed on a per day or week basis while other programs offer overnight accommodations at the luxurious on-site Villas. The new Wellness Programs are designed not only to educate and instruct guests about how to achieve their health-minded goals, but literally walk them through the process while helping to establish healthy and life-long habits.

Timed to coincide with the new Wellness Programs, Arden Hills will soon offer nutritious, delicious and convenient pre-packaged meals to-go that were developed and are prepared at the resort by the top-notch on-site culinary team. Nearly 40 gourmet meals are available for pick up when ordered in advance -- in conjunction with a Wellness Program or individually by meal -- that include breakfast, lunch and dinner options as well.

All Wellness Programs are open to resort guests and members alike. For more detailed information about the Wellness Programs visit [www.ardenhills-wellness.com](http://www.ardenhills-wellness.com); for general information about Arden Hills Resort Club & Spa, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111 to speak with the concierge.

### ***About Arden Hills Resort Club & Spa***

*For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California’s capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111.*

**Media Contacts:** Courtney Kain at 916-482-6111 or Traci Rockefeller Cusack at 916-213-4373.