

# Southern Bride®

WINTER / SPRING 2015

Discover  
**DESTINATIONS**  
for Weddings  
& Romance

*we do*

**Sensational**  
GOWNS & INSPIRATIONS

A Health and Fitness Lifestyle to Last a Lifetime

# THE RANCH R4.0 PROGRAM

MALIBU, CALIFORNIA

BY SHERRA MEYERS



Getting in shape before the big day is on the minds of so many brides.

All crash diets fail! Even if you lose weight, you always gain it back and usually with the ever-dreaded added pounds. If you are tired of those ordeals like I was, then I have a secret I feel compelled to share. My secret has literally been life changing.

The secret is The Ranch R4.0 Jumpstart Program. It's a 4-day weight loss and fitness program for those that are serious about making permanent changes to the way they look and feel. Even though the jumpstart program only last 4 days, it starts 30 days before you arrive and long after you return home.

The 30-day pre-arrival program involves removing wheat, dairy, caffeine, alcohol, sugar, and eventually meat, chicken and fish from your diet eliminating one-by-one. At the same time, starting a walking regime. If you follow these guidelines you could lose up to 5-6 pounds before you ever arrive, depending on various factors. I lost 5 lbs.

A typical full day starts with a 5:30am wake-up call followed by a 6:00am 30-minute morning stretch, yoga style. With a light 30 minute breakfast of fresh berries, oatmeal seasoned with dates, fresh almond milk, homemade granola and a smoothie du jour, it is time to get the day started. After packing up and filling our camelbacks with water, the group is shuttled to glorious canyons and mountain ranges for challenging but intriguing 4-6 hour hikes. One of the hikes includes passing through the old M.A.S.H. TV set and its Hollywood memorabilia.

During each hike, team members are with you for lively conversation and encouragement. Each guest has their own walkie-talkie to enable those to hike at their own pace. You get a real sense of accomplishment every time you complete a hike. Upon return, lunch is served in the Greenhouse, which is a beautiful glass garden room with a large natural wood dining table and a relaxing lounge area all surrounded by herb gardens, beautiful plants, florals, and succulents.

All meals are vegan. Chef, Meredith Haaz, is a magician when turning regular vegetables and legumes into exquisite gourmet meals. Everyone quickly catches on that mealtime is something to get excited about. Lunches usually consist of fresh salad greens, homemade falafel and other surprisingly mouthwatering concoctions.

The afternoons are filled with weight training, ab/core classes and ending with a final yoga stretch class, all by trained instructors and nutritionists. The redemption after all this hard work is at the end of each afternoon. The accommodations are luxurious at the Four Seasons West Lake Village Hotel & Spa and the stunning spa and wet area are open for R4.0 guests to use. Also included in the daily program is a massage in the privacy of your room. Yes, daily.

Dinner is a special time to relax and savor some of Chef Haaz specialties, like sunflower seed risotto and cauliflower steak, adding various seasonal vegetables to finish the dish with beautiful color. Dinner-time is also reserved for the guides to share and educate about food labels and nutrition, why sugar is so bad, and the dangers of processed foods. Good shopping habits and healthier choices at the grocery store are also included. The final day before departure is a fantastic cooking class demonstration by Chef Haaz, where she shares the simplicity of preparing vegan dishes.

If commitment is there, the experience will be life changing.

R4.0 is not about weight loss, it's really about getting healthy. Making better food choices and adding regular exercise to your lifestyle will naturally bring your body to a healthy weight. You will feel and look better for now and for the long haul. What better gift can you give to yourself and your future family?

The cost is \$3,800 per person. The all-inclusive program runs Thursday - Monday and is well worth every penny. Does not include airfare. For more information call 888-777-2177 or visit [www.theranchmalibu.com](http://www.theranchmalibu.com)