





## 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 115 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 normalized; nearly 60% of hypertensives left drug-free
- Blood sugar normalized: 74% of diabetics left drug free
- Average weight loss of 11 pounds
- LDL bad cholesterol fell 23% and triglycerides plummeted 335

## IN ADDITION

- 80% of guests did not need recommended heart surgery in a 5 year follow up of guests who stuck with the program
- Fully 100% of overweight children lost significant weight and reduced cholesterol
- Up to 43% of breast and prostate cancer cells were induced to self-destruct





## THE RESORT

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

### NEWLY RENOVATED

Located at the newly renovated Trump National Doral, guests have access to all the resort has to offer:

- An opulent, relaxing spa
- Brand new tennis courts
- Stunning swimming pools
- Award-winning golf courses

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



# 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 BATCHELER, JR. M.D.,  
CARDIOVASCULAR & THORACIC 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 \$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 boost 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](http://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.

# HISTORY

*Over five decades of experience...*

*“All I’m trying to do is wipe out heart disease, diabetes, hypertension, and obesity.”*

NATHAN PRITIKIN



In 1957, at age 41, Nathan Pritikin was diagnosed with advanced heart disease. His doctors told him to take it easy, keep eating his regular diet of steaks and eggs and ice cream, and “prepare to die young.” Nathan, an engineer with a dozen U.S. patents, didn’t buy it. He began studying cultures where heart disease was rare, and developed his own low-fat diet rich in fruits, vegetables, and whole grains. He also started walking, then running. His cholesterol plummeted from 280 to 120.

Despite his success, Nathan was ridiculed by the medical establishment until David Lehr, MD, renowned cardiologist from Miami Heart Institute, took up the cause. Dr. Lehr brought CBS News’ 60 Minutes to investigate and risked his reputation by arguing that doctors must focus more on nutrition and exercise, and less on drugs and surgery. Dr. Lehr’s and Nathan Pritikin’s pioneering appearances on 60 Minutes in 1977 and 1978 challenged the medical establishment and brought this then-new and revolutionary message to the public and, with the co-founding of the Pritikin Longevity Center, made Pritikin a household word.

Pritikin died in 1985, nearly 30 years after doctors had told him that his advanced heart disease would soon kill him. His autopsy, so remarkable that it was published in the New England Journal of Medicine, revealed coronary arteries that were as “soft and pliable” as a teenager’s, with a “complete absence” of heart disease.

Today, Nathan Pritikin’s program lives on at our beautiful resort. Thousands have improved their health at Pritikin, and you can too.



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