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Canyon Ranch Institute Honors Savannah's Reginald Franklin

Enid & Mel Zuckerman Volunteer of the Year Award Recipient Helps Others Live a Healthier Life

TUCSON, AZ (February 2016) – Reginald Franklin, a graduate of the [Canyon Ranch Institute Life Enhancement Program](#) in Savannah, GA, who has invested hundreds of hours giving back to the program he says saved his life, has been named the Canyon Ranch Institute Enid & Mel Zuckerman Volunteer of the Year.

“Volunteering is important to me because it’s all about giving back,” says Reginald Franklin. “Whenever you’re blessed with an experience that has positive impact on your life, like the Canyon Ranch Institute Life Enhancement Program, it just makes sense to share that blessing with others.”

The award is named for Enid and Mel Zuckerman, founders of the non-profit Canyon Ranch Institute and Canyon Ranch health and wellness resorts. The award honors people who volunteer their time and unique skills to help Canyon Ranch Institute bring optimal health to all people.

“Canyon Ranch Institute succeeds because we create healthy communities,” says Richard H. Carmona, M.D., M.P.H., FACS, 17th U.S. Surgeon General and President of Canyon Ranch Institute. “We’re growing as an organization and able to reach a greater number of people because of volunteers like Reginald Franklin, who give their time for the good of their communities. Our volunteers change lives for generations to come, preventing and reversing chronic diseases such as asthma, heart disease, and type 2 diabetes.”

In addition to speaking regularly with participants in the CRI Life Enhancement Program at Curtis V. Cooper Primary Health Care, Inc. in Savannah, Franklin co-organizes the group’s monthly reunion, which helps its graduates maintain the changes they’ve made in physical activity and fitness, healthy eating, stress management, and other positive lifestyle habits. More than 65 people have graduated from the [Savannah Canyon Ranch Institute Life Enhancement Program](#). Franklin was among its first graduates in 2014. He also volunteers with the [CRI Healthy Garden](#) at Trustees’ Garden and the CRI weekly walking club and yoga sessions, and has expanded the community of support by managing the group’s Facebook page. Franklin is developing a short film about his experience as a participant and graduate of the CRI Life Enhancement Program in hope that his story will inspire others to embrace a life of wellness.

“Reggie is walking the talk of his gratitude, and inspiring real change within our community,” says Charles H. Morris, President of Morris Multimedia, Inc., who with his wife, Rosalie, brought Canyon Ranch Institute to Savannah in 2013. “Because Savannah is part of the ‘stroke belt’ of the

United States, individuals and families face many health challenges. Reggie has been – and continues to be – instrumental in our efforts to improve health and wellness for the residents of Savannah. His leadership and enthusiasm is helping grow our CRI programs so that more people can be healthier and happier, and he is benefiting the lives of many people across Savannah.”

Outcomes data from approximately 500 participants in eight CRI partner locations throughout the United States, including Savannah, show that after participating in the Canyon Ranch Institute Life Enhancement Program, people on average increase their strenuous exercise by 70%, increase their health knowledge by 31%, and increase the number of days per month they feel healthy by seven. They decrease their depression on average by 40%, their blood sugar lowers by 23%, their total cholesterol by 13%, and their body mass index by 4%. They also decrease their systolic blood pressure by 6% and diastolic blood pressure by 4%. As a group, the Savannah graduates whom Franklin helps motivate have shown even greater improvements in their general health status, including an average of 18.8% reduction in body mass index and 25% lower levels of C-reactive protein (a biomarker for inflammation).

Canyon Ranch Institute recognized the sustained service and community commitment of 184 volunteers nationwide, including Franklin, who gave their time and talent to support CRI programs in 2015. Of those volunteers, more than 30% had also volunteered for CRI in prior years. For more information about the [CRI volunteer program](#) and Reginald Franklin, please watch [this video](#).

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About Canyon Ranch Institute: Canyon Ranch Institute is a non-profit organization that catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and our partners to help educate, inspire, and empower *every person* to prevent disease and embrace a life of wellness. More information is available at www.canyonranchinstitute.org, [Facebook](#), [Twitter](#) and [LinkedIn](#).