

# FACT SHEET

## LOCATION

Hilton Head Health (H3) is located in the gated community of Shipyard Plantation near the south end of the semi-tropical Hilton Head Island. A barrier off the coast of South Carolina, Hilton Head Island is just north of Savannah, Georgia, in the heart of the Lowcountry.

## ADDRESS

14 Valencia Road, Hilton Head Island, South Carolina, USA, 29928

## TELEPHONE

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## FACSIMILE

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## WEBSITE

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## H3 EXPERIENCE

As America's leading weight loss and health resort, H3 prides itself on delivering an exceptional experience in the areas of Fitness, Nutrition and SELF (Stress management, Empowerment, Longevity, Fulfillment) through personal and interactive sessions designed for the individual who is ready to embrace a lifestyle change. The experience at H3 provides the structure, as well as the flexibility needed to help the individual achieve all of his or her personal health goals.

## HISTORY

H3 was found in 1976. In the past three decades, it has established a worldwide reputation in the fields of health and fitness, primarily for its pioneering weight loss program.

## ACCOMMODATIONS

The resort environment is one of great tranquility and beauty. Guests stay in one, two or three bedroom, fully furnished villas throughout Shipyard Plantation. Personal condos, premium accommodation upgrades and pet units are available upon request. The atmosphere on this tropical island offers a secluded retreat that encourages relaxation and reflection. (All buildings are smoke free.)

## DINING

The meal plan at H3 is one with delicious flavors and realistic portions. Our experienced Executive Chef and Culinary Specialists have created a low-calorie, healthy gourmet cuisine with an emphasis on local and natural ingredients to ensure a well-balanced weight loss diet. Guests are served breakfast, lunch and dinner, as well as healthy 'Metabo Meal' snacks throughout the day.

## PERSONAL SERVICES

The following services are offered in addition to the balanced daily schedule. Although not essential to the program, they provide a great way to personalize one's stay.

- Individual Consultation
- Metabolic Assessment
- Chef Consultation
- SMART CART grocery store visit
- Dining Wright
- Nutrition for Health Consultation
- Registered Dietician Consultation
- Private Pilates Reformer session
- Private Yoga session
- MicroFit Assessment
- Exercise Prescription
- Personal Training session
- Golf Lessons
- Tennis Lessons
- H3 Lowcountry Classic Massage
- Signature H3 Massage
- H3 Hot Stone Therapy
- Reflexology

## AMENITIES

### HILTON HEAD HEALTH

- Fitness Center & Aerobic Studios
- Heated pool & Jacuzzi
- Pilates Reformer Studio
- Onsite Bike Rentals
- Spa Services
- H3 FIT Shop
- Onsite Wireless Internet Access

### LOCAL ATTRACTIONS

- Pinckney Island National Wildlife Refuge
- Sea Pines Forest Preserve
- Over 50 miles of walking & biking paths
- 12 miles of flat beaches
- World renowned golf courses & tennis facilities
- Historic Savannah, Beaufort & Charleston nearby

## AVAILABLE PROGRAMS

### H3 ESSENTIALS: HEALTHY LIFESTYLE™ PROGRAM

Most popular, the weekly H3 Healthy Lifestyle™ program is designed for individuals to lose weight, establish a healthy routine and improve overall daily habits. This all-inclusive weekly experience will leave the individual feeling re-energized and provide him/her with all the necessary tools needed to be successful upon returning home. Participation in the H3 Healthy Lifestyle program typically ranges from one to four weeks.

### H3 EXTENDED & INTENSIVE PROGRAM

H3 Extended & Intensive (H3E/I) is a 26-week program designed for individuals who are looking for a structured, long-term program to support sustainable weight loss and weight management. The program is designed to spend 14 weeks at the H3 campus with 12 weeks of H3@Home Coaching when he/she returns home. With over 60 additional individualized sessions, the program includes the principles of the H3 Healthy Lifestyle program, delivered through a combination of small group sessions, small group fitness trainings and individual consultations, along with coaching follow-ups.

### H3@Home Coaching

H3@Home Wellness Coaching is designed for the individual who's ready to continue his/her journey towards better health and wellness. Through personal phone calls, text message challenges and monthly webinars – individuals will have the opportunity to set goals, reignite motivation and maintain relationship with his/her Wellness Coach from his/her own home.

### CULINARY ARTS CENTER AT HILTON HEAD HEALTH

The Culinary Arts Center (CAC) at Hilton Head Health is designed to enhance the overall culinary experience through interactive cooking demonstrations and participatory hands-on sessions. With the guidance and assistance of skilled H3 Chefs, individuals will have the opportunity to gain valuable insight on how to prepare flavorful, low-calorie dishes—all while learning proper cooking techniques and helpful tips along the way. CAC sessions are open to all program and non-program Guests. All skills levels welcome.

## CONTACTS

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For reservations, rates and more – call 800.292.2440 or visit HHHEALTH.com.