



Celebrating 35 years as America's premier weight loss and health resort, Hilton Head Health (H3) prides itself on delivering an exceptional experience in 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 their personal health goals. H3 offers a weekly Healthy Lifestyle™ program, an Extended & Intensive program, as well as H3@Home Coaching.

To see a sample schedule, please visit WWW.HHHEALTH.COM.

* In addition to the varied programs and lengths of stay, H3 offers a variety of 3-Day Workshops and Enhancements. Call 800-292-2440 to learn more!

HILTON HEAD HEALTH HAS BEEN VOTED TOP TEN AS "BEST FOR WEIGHT LOSS" FOR THE PAST FIVE CONSECUTIVE YEARS BY SPAFINDER AND "TOP 5 US HEALTH SPAS" BY LISA DRAYER ON THE TODAY SHOW.



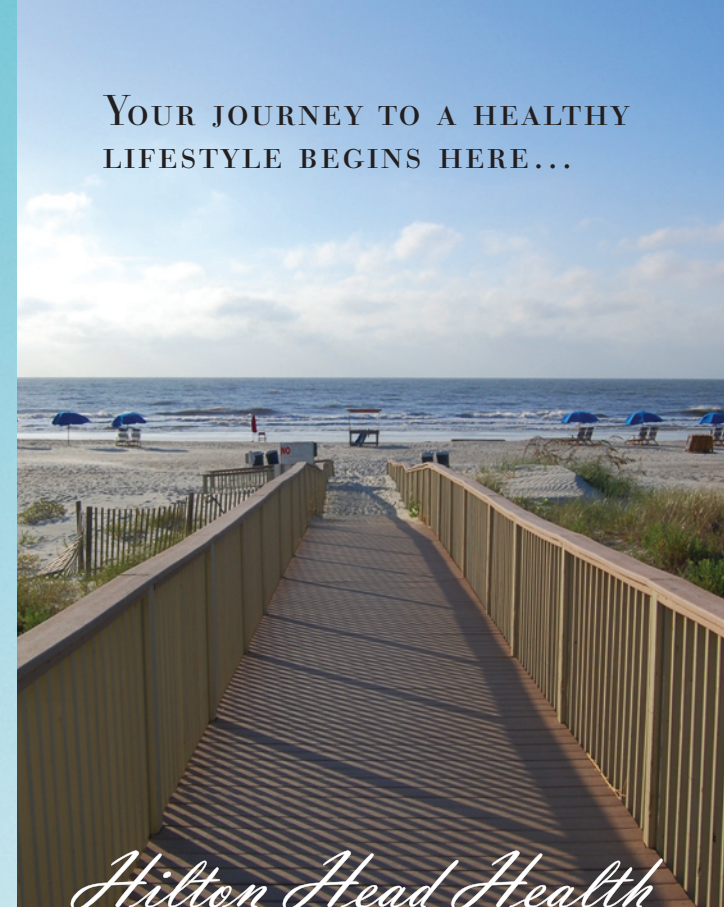
Hilton Head Health

AMERICA'S PREMIER WEIGHT LOSS AND HEALTH RESORT

14 VALENCIA ROAD
HILTON HEAD ISLAND, SC
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800.292.2440

YOUR JOURNEY TO A HEALTHY LIFESTYLE BEGINS HERE...



Hilton Head Health

AMERICA'S PREMIER
WEIGHT LOSS AND
HEALTH RESORT





FITNESS

H3 believes that exercise is a lifelong prescription for health and longevity. With a variety of fitness classes, you can create an exercise routine fit for your personal level and interest. Through interactive fitness seminars, classes and activities, H3's experienced Fitness Specialists and instructors will give you the knowledge and practice to create an exercise plan that works for your lifestyle. The schedule is designed to allow you to start and end your day with a fitness activity.

Sample classes include:

- Zumba Latin Dance
- Cardio Boxing
- Water Fitness
- Yoga

Sample activities include:

- Beach Boot Camp
- Broad Creek Kayaking
- Pinckney Island Bike Adventure
- Cardio Tennis



NUTRITION

Nutrition is an essential element to sustainable, healthy weight loss. At H3, you will enjoy a meal plan with delicious flavors and realistic portions. Our 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. In addition, you will also have the opportunity to participate in classes and interactive sessions in our Culinary Arts Center cooking school that will both teach and show you how to eat healthy once you return home.

Sample classes include:

- Nutrition for Health
- Planning Healthy Meals
- Maximizing Your Metabolism
- Restaurant Game

Sample interactive sessions include:

- Cooking Demonstrations
- Portion Control
- Smart Cart (grocery store excursion)
- Dining Out



SELF (STRESS MANAGEMENT, EMPOWERMENT, LONGEVITY, FULFILLMENT)

At the beginning of your stay, you will receive a 45-minute consultation with an H3 Health Specialist to review your current health status and habits, and establish realistic health goals. Here at H3, we understand that the path to healthy, sustainable weight loss requires great willpower and mental strength, which is why we offer a wide range of sessions focused on motivation, stress management and individual achievement.

Sample sessions include:

- Staying On Track
- Stress: An Unrealistic Reality
- Improving Your Body Image
- Goal Setting

“THE THING THAT SETS H3 APART IS THE SUPPORTIVE AND CARING NATURE OF EVERY SINGLE PERSON ON STAFF. FROM THE MINUTE YOU CHECK-IN, YOU MEET A SUCCESSION OF HELPFUL, INTERESTED AND CARING PROFESSIONALS WHO WANT NOTHING MORE THAN TO SEE YOU SUCCEED WITH THE PROGRAM, BOTH WHILE YOU’RE HERE AND AFTER YOU RETURN HOME.”

~ L. GIBSON, MINNEAPOLIS, MN