GUEST TESTIMONIALS



VICTOR ALDRICH

I stayed at H3 for three weeks, and in just those three weeks – I not only lost 24 lbs, but I completely transformed my life. It's wasn't that I didn't know what to do; it was that I didn't know how to do it. H3 taught me how to change my behaviors – how to eat healthy and how to exercise...My stay was the complete mind, body and soul experience.



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DAVID ZIMANSKY

I arrived at H3 in 2008 on Easter Sunday weighing-in at 348 lbs. It's now 13 months later, and I've lost 111 lbs. and counting...As basic as it may sound, everyone knows that the key to weight loss success is to eat less and exercise more, so when people at H3 asked if I had any weight loss secrets or tricks- I really meant it when I said it's "nothing special." The secret has been to take everything Bob taught me about food contents, nutrition and lifestyle management; everything the Chef taught me about low-calorie substitutions and a well-balanced diet; everything Beth taught me about our fragile psychologies; and everything Adam taught me about the importance of exercise and regular strength training and cardio workouts. To sum it up, MY secrets to weight loss success are Your [h3] secrets!



TRACY RODGERS

Four months after leaving Hilton Head Health, I weigh 175, just shy of 45 pounds less than I did when I arrived. The changes in myself are incredible. I read labels on everything. I don't drink soda. I cook more now than I ever did before. I take spin classes, Pilates, Zumba aerobics. I'm even training for my first 5K...I still have weight left to lose, but I know Hilton Head Health gave me the tools I need to succeed!



ERIK KHOOBYARIAN

The opportunities for success were abundant at H3. I loved the sunrise beach walk every morning it was offered. I attended classes and I participated actively in all of the ones I attended. I even tried new things that intimidated me previously. I ate right and as prescribed (that part wasn't hard because having gourmet food prepared for you three times a day makes it easy!). I slept well and kept my attention away from the stresses of the office. I was prepared for the basics of H3 and I embraced them fully.



SEPTEMBER KANIGOWSKI

I had high expectations for H3, and they met and exceeded every one of them. In my short 10-day stay, I learned about how to go from an unhealthy sedentary life to an active healthy life. Since I began there on May 23 thru June 23, I have lost 39 pounds, I feel tons better. I went from never working out to working out 5-6 times a week. I hired a personal trainer who I work out with 1 x a week. I count all my calories. I have my three Metabo meals a day. — I am making it work because I learned and decided to fit my job, my responsibilities into my workout.