

Hilton Head Health *Cooking Healthy: Recipe for Success* Sample Schedule

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|----------------------------|--|---|---|--|---|---|--|
| 7 AM | | Sunrise Beach Walk Blood Screenings | | | Sunrise Beach Walk | Sunrise Beach Walk | Sunrise Beach Walk | |
| 7:30 AM – 9 AM | Breakfast/ Thermal Walk | Breakfast/ Thermal Walk | Breakfast/ Thermal Walk | Breakfast/ Thermal Walk | Breakfast/ Thermal Walk | Breakfast/ Thermal Walk | Breakfast with Chef | |
| 8:30 AM | | Mini – Orientation Shoe Seminar Core Strength Hydro Circuit | Treading Cardio-Boxing Yoga in a Chair Aqua Resistance | Treading Medicine Ball ULTRA Circuit Nautical Noodle | Treading Belly Dancing Machine Pump Hydro Circuit | Treading Roll it Out Step Aerobics Water Fitness | Yoga Gentle Pilates Step Aerobics | 9 AM Breakfast/ Thermal Walk |
| 9:30 AM | | Planning Your H3 Fitness Treading | FitBall Aerobics Water Walk/Jog Treading | Treading Intermediate Pilates Water Fitness | Treading Hip Hop Dance Aqua Resistance | Treading Tai Chi Water Walk/Jog | Treading Body Sculpting Water Resistance | 10 AM Fitness Yoga for Abs/Lower Back |
| 10:30 AM | Metabo Meal | Metabo Meal | Metabo Meal | Metabo Meal | Opening Session | Metabo Meal | Metabo Meal | 10 AM Check Out |
| 11 AM | | Nutrition for Health Stress Eating | Exercise Prescription Understanding Diabetes | Building a Better Body It's All About Me! | Cooking Supplies: Must-haves | Seasonings 101: Making Rubs | Recipe for Success: Vivacious Veggies & Legumes | 11 AM Fitness Treading |
| 12 PM | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk | Lunch/ Thermal Walk |
| 1 PM | | Intro to Fitness Equipment | ULTRA Circuit Wii Dance | Outdoor Circuit Drums Alive | Skills Session: Knife Handling, Stocks & Sauces | Recipe for Success: Appetizers and Salads | Recipe for Success: Delicate Desserts | Body Sculpting |
| 2 PM | | Planning Healthy Meals Craving Control | Goal Setting Cooking Demo | Portion Control Flexibility & Balance | 3:00 Metabo Meal | 3:00 Metabo Meal | | |
| 3:30 PM | Welcome Reception | Metabo Meal | Metabo Meal | Metabo Meal | Skills Session: Cooking Methods | Recipe for Success: Entrees | Metabo Meal | Metabo Meal |
| 4 PM | Registration/ Check-in | Intro To Yoga Beginner Step Aerobics | Body Sculpting Outdoor Circuit | Zumba – Latin Dance Restorative Yoga | | | | |
| 5 PM | Orientation | Shoe Pick – up Resistance Band Training | Yoga Low Body Conditioning | Butts & Guts Gentle Fitness | Resistance Band Training Body Sculpting | Machine Pump ULTRA Circuit | | |
| 6 PM | Dinner/ Thermal Walk | Dinner/ Thermal Walk | Dinner/ Thermal Walk | Dinner/ Thermal Walk | H3 Cook & Dine | Gourmet Dinner | Dinner/ Thermal Walk | Dinner/ Thermal Walk |
| 7 PM | | Stretch & Relaxation | Stretch & Relaxation | Game Night or Stretch & Relaxation | Stretch & Relaxation | | | |

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Cooking Supplies: Must Haves

This session will leave you feeling kitchen savvy – with a list of must-have utensils and ingredients, you will be ready to tackle any new recipe that comes your way!

Skills Session: Knife Handling, Stocks & Sauces

Forget the dilemma of “Which fork do I use?” What is really important in food preparation are the knives. Learn which *weapon of choice* works best for each food you tackle, and practice your technique on a variety of textures for successful food preparation, cooking, and plating. Stocks and sauces, also a critical component to successfully flavorful low-calorie meals, will be included in this session.

Recipe for Success: Appetizers & Salads

Your first course makes the first impression, so make sure you get it right! This interactive cooking demonstration gives you the know-how for preparing salad and appetizers for any occasion.

Seasonings 101: Making Rubs

Lost without Mrs. Dash? Tired of bland food with no seasoning or selecting a restaurant special that does not meet your palette? Not only will you identify the top herbs and seasonings to keep in your pantry, you’ll learn how they interact with each other to create the flavor you’re looking for. Experiment hands-on with several H3 rub creations that will bring your protein entrees to life. Use these tips when dining out to select the meal that will make your taste buds dance.

Skills Session: Vivacious Veggies and Legumes

Forget limp veggies with no flare! Practice techniques that will keep the life (and the nutrients) in the veggies and sides you prepare. Sample techniques include *blanching*, *roasting*, *sautéing*, and more. In this session, you will also learn how to incorporate legumes into your meal plan.

Recipe for Success: Entrees

The main act marks the night! Sauces, herb rubs, etc. are what make these dishes a hit on flavor AND on the scale! Knowing what to add and what to leave out can make a huge difference on cutting calories while keeping flavor.

Skills Session: Cooking Methods

This session will prepare you to use your kitchen from corner to corner, and everything in between! Practice makes perfect.

Recipe for Success: Delicate Desserts

And now, the grand finale! Traditionally prepared desserts have a high sugar and fat content that can leave you feeling miserable and sluggish after finishing your meal. These delightful pleasures will leave you feeling satisfied... without the sugar-hangover.

H3 Cook & Dine

Work as a group to prepare your meal for the evening. From the prep table to your dinner plate, this real-time session will teach you the importance of organizational skills in the kitchen.

