

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 Hinson	
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 H3I 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 Cardio-Boxing
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	Recipe for Success: Vivacious Veggies	11 AM Fitness Yoga
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	Break	Break	Skills Session: Knife Handling	Recipe for Success: Appetizers and Salads	Recipe for Success: Delicate Desserts	
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Portion Control Flexibility & Balance				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 H3I Bootcamp (4:00 – 5:30)	Zumba – Latin Dance Restorative Yoga				
5 PM	Orientation	Shoe Pick – up Resistance Band Training	Yoga Low Body Conditioning	Check-In	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	Movie Night or Stretch & Relaxation	Stretch & Relaxation			

Cooking Healthy: Recipe for Success Sample Descriptions

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

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.

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

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. Use these tips when dining out to select the meal that will make your taste buds dance.

Skills Session: Vivacious Veggies

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.

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.

Breakfast with Chef Hinson

Join Chef Hinson for a casual breakfast and take advantage of this opportunity to ask her any questions about recipes or food preparation techniques.

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.

