



Hilton Head Health

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FOR IMMEDIATE RELEASE

Hilton Head Health announces newest corporate wellness program- *H³ Direct*

HILTON HEAD ISLAND, SC (Jan. 6, 2010) – Hilton Head Health (*H³*), one of the nation’s leading weight loss and lifestyle management resorts, is excited to announce that beginning this month, they will offer *H³ Direct*, a corporate wellness program tailored to individual companies based on the foundation and principles of their Healthy Lifestyle™ program.

H³ Direct will be brought directly to companies through online resources, phone support and onsite activities and presentations. *H³ Direct* will offer a variety of services and packages to choose from. Services include but are not limited to initial health assessments, private sessions with *H³ Health Specialists*, webinars, onsite wellness events, phone coaching and worksite consulting services.

According to Hilton Head Health Marketing Coordinator, Cheney Maddox, “With the growing epidemic of obesity and chronic disease, the need for health programs in the workplace is undeniable. As a national corporation specializing in health, we see and experience the need firsthand, so we’re very pleased to be able to provide this offering. We’re confident that we’ll see great results, which is why we’ve decided to introduce the program within our own company.”

As the newest program and brand extension, *H³ Direct* will be launched at Hilton Head Health this month. They will host a kick-off 5K Walk/Run on Saturday, January 9th at 9 a.m. at Jarvis Park on Hilton Head Island. The event will be open to *H³* employees and friends/family. The event will be rescheduled in inclement weather. There is no registration fee but all participants are encouraged to bring a pair of old athletic shoes. All shoes will be donated to Nike’s Reuse-a-Shoe program. For information on Nike Grind and Nike Reuse-A-Shoe, visit: www.nikegrind.com.

About Hilton Head Health:

For over 30 years, Hilton Head Health has been recognized as the premier weight loss and health retreat in the United States. Voted as “Best for Weight Loss” for the past three consecutive years by SpaFinder and “Top 5 US Health Spas” by Lisa Drayer on the *Today Show*, Hilton Head Health is an exclusive resort delivering individualized experiences in fitness, nutrition and SELF (Stress management, Empowerment, Longevity, Fulfillment). For more information, please visit www.hhhealth.com or call 800-292-2440.

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