

Hilton Head Health Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Assessments	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk	Sunrise Beach Walk Gentle Pilates	Sunrise Beach Walk Assessments	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/ Thermal Walk	
8:30 AM		Mini – Orientation Diabetes Education Hydro Circuit Core Strength	Shoe Seminar Treading Cardio-Boxing Yoga in a Chair	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Treading Aqua Resistance Cardio-Boxing Fit-Ball Strength	Treading Belly Dancing Fit-Ball Aerobics Hydro Circuit	Medicine Ball ULTRA Circuit Nautical Noodle	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 Nautical Noodle Core Strength	Treading Tai Chi Step Aerobics	Treading Yoga Water Fitness	10 AM Fitness Cardio-Boxing
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	10 AM Check Out
11 AM		Nutrition for Health Work Stress	Exercise Prescription Understanding Diabetes	Build a Better Body Mind/Body Connection	Clarifying your Values Stress Eating	Stress: An Unrealistic Reality Increasing Energy	Stress & Wellness	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	Break	Break	Break	Low Country Treading
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Fat Facts Body Image: Skills Group	Life Transition Cooking Demo	Staying Motivated Public Health Enemy #1	North Forest Bike Ride	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Round Table w/Health Specialists	Recreation: Tanger Outlets	Metabo Meal
4 PM	Registration/ Check-in	Intro To Yoga ULTRA Circuit	Nautical Noodle Machine Pump	Zumba – Latin Dance Restorative Yoga	Restorative Yoga Resistance Band Training	Putting it All Together H3I Bootcamp	Machine Pump	
5 PM	Orientation	Resistance Band Training Beach Walk	Shoe Pick-Up Beach Walk Body Sculpting	Intermediate Pilates Outdoor Circuit	Raise the Bar Low Body Conditioning	Yoga Hip Hop Dance		
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
7 PM		Stretch & Relaxation	Stretch & Relaxation	Movie Night or Stretch & Relaxation	Stretch & Relaxation			

Sample Session Descriptions

Mini Orientation

Welcome! Welcome! Guests are provided with the “nuts and bolts” of the healthy lifestyle program. (For arrivals unable to attend Sunday’s orientation.)

Diabetes Education (for diabetics only)

All arriving guests with diabetes should attend this session to ensure safe participation at Hilton Head Health.

Planning Your H3I Fitness Experience

Concerned about choosing the right fitness classes for your goals/needs? Attend this session for more information - you’ll learn what to expect from each class and how to plan a balanced fitness plan for your stay with us!

Nutrition for Health

Are you confused about the onslaught of media reports promoting contradictory nutritional recommendations? This session will provide you with clinically proven answers regarding the energy balance equation and proper nutrition for healthy living.

Coping with Work Stress

Explore cognitive and behavioral strategies to reduce work stress.

Intro to Fitness Equipment

Introduces guests to the fitness room and provides demonstration for correct use of fitness equipment.

Planning Healthy Meals

Using the food pyramid as a foundation, guests will learn to develop menu plans.

Craving Control

Learn to resist your food cravings by changing your thoughts and behaviors.

Shoe Seminar

Discover how to pick the best shoe for YOU! Al Olivetti, Ph.D., the *H³I Athletic Shoe Consultant*, will explain how to

pick the best shoe for your individual foot type and favorite activity. For guests interested in a personal shoe fitting, Al will be available at 5:00 p.m. with shoes to meet your specific needs.

Exercise Prescription

Guests will design realistic and comprehensive exercise programs for implementation at home.

Understanding Diabetes

You can prevent Type 2 Diabetes . . . Find out how.

Cooking Demonstration

The chef shares secrets for low fat, low calorie, nutritious meals. Samples provided.

Goal Setting

Explore goal setting criteria. Learn why feedback is important and how to maintain realistic goals.

Building a Better Body – Resistance Training

Identify the importance of incorporating resistance training into your regular exercise program and discuss factors to keep in mind when starting a resistance-training program.

Mind/Body Connection

Explore the impact of grief or depression on physical health and weight.

Fat Facts

Explains the concept of a “fat budget”, reviews the importance of a high fiber diet, and identifies appropriate sodium intakes.

Body Image: Skills Group

A deeper conversation focusing on the skills learned during your stay at H3I. Continue with a more in depth process of identifying obstacles, fears, anxiety or self-sabotaging that interferes with adopting a healthy lifestyle. A deeper look at the way our body image, cravings and ultimately our self-esteem hinders accomplishing our goals.

Clarifying Your Values

Not knowing what you really want is a barrier to changing your behavior. Identify what you truly value, so you can live the life you desire.

Stress Eating

Examine how you use food to cope with stress and other emotions, and identify healthier ways to cope.

Life Transition

Learn strategies to cope with the three stages of relationship, career, and/or lifestyle changes.

Stress: An Unrealistic Reality

Events or situations don’t cause stress – how people interpret them causes stress. People often view feared situations unrealistically, imagining the worst possible outcome. This session focuses on reducing stress by thinking more realistically.

Increasing Energy and Stamina

Guests learn factors that cause mental and physical fatigue and how to counteract them.

Staying Motivated

Enhance your motivation to maintain your healthy eating and physical activity after your return home.

Public Health Enemy #1

Discuss the single most important factor influencing our health status.

Round Table with Health Specialists

Our Health Specialists will be available to answer any questions you may have about nutrition and/or fitness.

Putting It All Together (departing guests)

The process of transitioning from a structured environment to the real world, from the aggressive short-term reduction plan at the H³I to permanent lifestyle change.

Stress and Wellness

The impact of stress on health will be discussed.

