

Hilton Head Health *Spring Breakaway* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Assessments	Beach Boot Camp	Sunrise Beach Walk	Beach Boot Camp	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/ Thermal Walk	
8:30 AM		Mini – Orientation Diabetes Education Shoe Seminar	Breakfast Club Treading Medicine Ball	<i>Spring Training:</i> Golf Conditioning Cardio-Boxing Yoga in a Chair	Breakfast Club Aqua Resistance Cardio-Boxing	<i>Spring Training:</i> 5K Walk/Run/Jog LC Treading Belly Dancing	Breakaway Surprise!	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		
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal		10 AM Check Out
11 AM		Build up your Baseline What’s In Your Kitchen?	Spring Forward Knife Skills: Demo	Changing Your Routine Take a Break Visualization	Stepping Stones Pairing Flavors & Substitute Saviors	Staying on Track Plate of Perfection: Demo		11 AM Cardio-Boxing
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Dining Out: Lunch at Bonefish	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Spring Breakaway Picnic	Lunch/ Thermal Walk
1 PM		Nature Walk Relaxation Techniques	Group Bike Ride Beach Walk		Group Bike Ride Beach Walk	Nature Walk Relaxation Techniques		1 PM Yoga
2 PM		<i>Spring Training:</i> Trail Trekking Asian Flair: Demo Ask the Expert - Fitness	<i>Spring Training:</i> Cardio-Tennis Seafood Sensations: Demo Ask the Expert – Nut.	<i>Spring Training:</i> Tour de Hilton Head Bike Excursion Fiesta Favorites: Demo Ask the Expert - SELF	<i>Spring Training:</i> Paddle Boarding Vegan Delights: Demo Ask the Expert – Nut.	<i>Spring Training:</i> Kayaking Top Chef Competition Ask the Expert - Fitness	<i>Spring Training:</i> Batter Up	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Round Table w/ Health Specialist		Metabo Meal
4 PM	Registration/ Check-in	Cont: Trail Trekking Intro To Yoga ULTRA Circuit	Cont: Cardio-Tennis Nautical Noodle Machine Pump	Cont: Bike Excursion Zumba Latin Dance Restorative Yoga	Cont: Paddle Boarding Restorative Yoga Resistance Band Training	Cont: Kayaking H3I Boot Camp		Share Your Success
5 PM	Orientation	Resistance Band Training 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		Activity	Night Walk at the Marina	Activity	Night Walk at the Marina Self- Control			

Build Your Baseline

In this session, you will perform a variety of exercise tests and create measurable fitness goals based on your current fit level.

Changing Your Routine

A change in season calls for a change in your fitness routine! In this session, you will meet with our Fitness Specialists who will help you brainstorm new activities and challenging workouts to keep you motivated throughout the year.

Trail Trekking

Whether you're looking for a scenic walking tour or an off-road hike, join us for a guided hike through the trails of the beautiful Forest Preserve in Sea Pines Plantation.

Cardio-Tennis

These tennis drills are designed to give those of all ages and abilities an ultimate, high-energy workout. Basic ball control skills and strokes will be introduced with the goal to have even beginners hitting the ball within the first few minutes.

Golf Conditioning

Attend this session for exercises and stretches that promote flexibility and strength essential for your golf swing.

Tour de Hilton Head Bike Excursion

With over ten miles of public biking path and numerous miles on the beach or private trails, you won't want to miss this guided bike ride!

Paddle Boarding

With the beautiful surroundings of Broad Creek and its marshes, you're in for a treat. Learn different paddling techniques and about our Lowcountry wildlife, while mastering the core strength and balancing challenges of paddle boarding.

5K Walk/Jog/Run

Challenge your fitness in this 3.1 mile route as our fitness team provides encouragement and support. You may find yourself signing up for more 5Ks in the future after you experience this excitement!

Broad Creek Kayaking

Challenge your muscular endurance while enjoying fresh air and coastal marsh views. This guided fitness activity begins with basic kayak instructions and continues with warm-up, interval training, nature tour, cool down and stretch.

Batter Up

Bring you're A-game to this friendly game of softball. Renew your child-at-heart personality as you hit the fields with your friends.

What's In Your Kitchen?

Join our Chef for the 4-1-1 on how to re-stock everything from your pantry to your freezer and get tips on essential food items and kitchen utensils everyone should own.

Breakfast Club

This morning session is packed with eye-openers—discover the essentials of a healthy breakfast and how to create snacks that will supplement your main meals to provide you a complete nutritional plan. This session includes a mini-cooking demonstration and important nutritional information.

Knife Skills: Demo

Do you watch in awe as the Chef dices away with a quick and precise blade? Join our culinary team for a hands-on tutorial and walk away with the confidence and know-how to handle a variety of kitchen knives for any food item.

Pairing Flavors and Substitute Savors

Our Chef will share her favorite secret spices and seasonings, along with the knowledge of creating complimenting flavors. You'll also learn some secret substitutes that will cut the calories and keep the flavor.

Plate of Perfection: Demo

Fascinated by culinary art? Learn different plating techniques that can create a more satisfying dinner experience to any meal you prepare at home.

Asian Flair: Demo

Instead of ordering Chinese take-out, try making it yourself. Learn how to prepare Asian dishes that are sure to chime into your taste buds.

Seafood Sensations: Demo

Creating a varied menu can be difficult when limiting red meat or other animal protein, but it is especially difficult if you don't know how to prepare seafood. Explore the simplicity of creating and preparing your favorite seafood dishes.

Fiesta Favorites: Demo

Do you think it's impossible to go "healthy" with any Mexican dish? Think again- our Chef will prove you wrong in this fiesta demonstration.

Vegan Delights: Demo

It doesn't matter whether you're a vegetarian or meat lover, after you attend this session, you'll walk away with delicious, nutritious new recipes that are low-calorie and full of flavor.

Top Chef Competition

Put your skills to the test as we pair you up for this kitchen challenge. Whether you want to tackle an H3I recipe or create one of your own, you'll have the opportunity to get advice from our culinary coaches as you prepare your masterpiece.

Spring Forward

With the first quarter of the year behind us, you may be in need of a little motivation. Think back to your New Year's Resolution – review your plan and look for areas that need adjustment to help you stay on track.

Visualization, Imagery, Language and Self-talk

This session will explore how imagery and self-talk affect mood and behavior and the importance of visualization as both mental practice and symbolic significance.

Self-Control

This session will describe general approaches to managing temptation as well outlining a multi-level specific technique for developing self-control.

Take a Break

Explore your personal cycle of stress and look for alternative ways to relieve and manage stress.

Stepping Stones

What goals have you successfully achieved? Are you where you want to be? Plan your next steps to put you closer to your end goals.

Staying on Track

The fear and reality of possible relapse can sometimes get the best of us. Share your fears and gain encouragement as you hear about how others have experienced triumph over relapse.

Share Your Success

Inspire others and be inspired as you celebrate your all of your accomplishments, big and small, on your journey to better health.

