

# IN THEIR OWN WORDS

## SEPTEMBER KANIGOWSKI

I came to Hilton Head Health (H<sup>3</sup>) with great concern about my health. My pulmonary doctor had just given me some really bad news. I knew that I needed to turn my life around and get healthy. I had no choice but to do something or face a much shorter life than anticipated. Two very special friends, also recognizing my need for change to live a better, healthier life, gifted me a 10-day stay to H<sup>3</sup>.

I had high expectations for H<sup>3</sup>, and they met and exceeded every one of them. In my short 10-day stay, I learned about how to go from an unhealthy sedentary life to an active healthy life. Since I began there on May 23 thru June 23, I have lost 39 pounds, I feel tons better. I went from never working out to working out 5-6 times a week. I hired a personal trainer who I work out with once a week. I count all my calories. I have my three Metabo meals a day. I am making it work because I learned and decided to fit my job, my responsibilities into my workout.

Went to the pulmonary doctor today, and he could not believe how much weight I lost and he said that things were looking better. I am hopeful that I will be around for a much longer time. I want to thank all the people who work at H<sup>3</sup> and also the people who were there with me that inspired me to believe in myself.

I would tell everyone to come to H<sup>3</sup>!

