



IN THEIR OWN WORDS

DOUGLAS MCGHEE

About two and half years ago, weighing in at approximately 260 lbs., I was diagnosed with high blood pressure. This was the wake up call that made me realize I needed to do something about my health before it was too late, and I was physically unable. It was then that I decided to take a 6-month leave from business to focus solely on myself. Not really knowing what to do, my first step was to research my options; this is when I came across Hilton Head Health (H³). From what I read, H³ seemed like the perfect place to help “kick start” my journey to better health – and I was right.

It was in January of 2008 that my wife and I came for two weeks each. I came in with a high degree of trepidation, but that quickly disappeared when I arrived and met other guests attending the program. The camaraderie among the staff and Guests alike was very evident, and something that I feel was a significant contributor in my continued motivation and success. In just those 14-days, I lost 14 lbs.—which is something I hadn’t been able to do in close to 10 years. And within five months of returning home, I had lost a total of 60 lbs. It’s been over two years now, and I have still maintained that loss.

I’m now at a point in my life where I’m happy with my personal fitness and overall health – so I’ve decided to do something bigger, something beyond myself. At the beginning of this year, I lost a close friend to pancreatic cancer. In his honor, fourteen others and I will participate in a charity fundraiser and climb Mr. Kilimanjaro. I continue to live healthy and challenge myself.

