



# NEW YEAR, NEW **YOU**

World-class Hilton Head Health offers visitors opportunity to have fun and learn to embrace healthier lifestyle in beautiful, resort-like environment.

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So, what's for lunch?" I asked. "Well, that's a grilled turkey burger with sautéed mushrooms and sharp cheddar cheese on one half of a whole wheat Arnold Select Sandwich Thin," answered Robert Moore, President and CEO of [Hilton Head Health](#) (H3).

With lettuce, tomato, and an onion slice, Dijon mayonnaise and a side of roasted sweet potato fries, the whole shebang served up 330 calories and eight fat grams, and is typical of an H3 low calorie meal plan, designed to provide enjoyable meals in realistic portions that limit your daily caloric intake to 1,200 calories.

It was quite tasty. So much so, in fact, that I could've gone for seconds, but thought better of it, considering that I was in the café at one of America's premier weight loss spas. Admittedly, I was having some difficulty wrapping my arms around the prospect of eating only 1,200 calories per day. Personally, I've always been pretty conscientious about nutrition (for the most part), and my lifestyle includes running, golf, biking, paddling kayaks, working out and practicing yoga. Weight control isn't really an issue for a guy like





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me, but then, I live in a place, Hilton Head Island, South Carolina, where you can be outdoors and active almost year-round.

And that's precisely the point at H3. It's not a "fat farm." It's not an "institute." Yes, H3 guests get training, support, and instruction, but the real goal is to absorb and embrace a new healthy lifestyle and bring it home, wherever that may be.

"Those who come here specifically to lose weight, they have tried everything. By coming to Hilton Head

Health it removes them from their current lifestyle and environment, and brings them to more of a safe haven where they can be themselves, be supported and learn how to live a healthy lifestyle," said Kelly Hillyer, H3's marketing director. "Our program is 'structured flexibility.' So it's a very structured schedule, but it's very flexible in the options that you choose. We're not a 'boot camp.' For example, if you're exhausted or you're sore at 10:30, you don't have to do anything if you don't want to. We're not going to get in your face and say,

'Get your butt to Zumba class!'

"You can look around and see some are in shape and some need to lose a couple of hundred pounds," added Moore. "Our strength is that we can individualize the program so that they all get what they need."

Obviously, H3 takes advantage of its location. Hilton Head's tranquility, natural beauty, beaches and subtropical climate engender a setting that encourages wellness and self-reflection. "We try to incorporate island activities into a lot of our fitness activities," said

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Hillyer. “So you’ll see throughout the week we always offer kayaking, we offer a Pinckney Island bike ride, we always offer beach walks, or sunrise and sunset yoga on the beach.”

The Web site, [H3Daily.com](http://H3Daily.com) provides a post-stay online resource to help H3 guests stay on track and maintain their healthy lifestyles when they return home. At the site guests can retrieve lecture notes, workout routines, weekly action plans and healthy meal recipes.

Ken Barnes of Bedford, Indiana, is living proof that the H3 experience can truly affect an enduring lifestyle transformation. “I didn’t have any terrific expectations when I arrived my first time,” said Barnes, “and, admittedly, I was apprehensive and nervous, but I got over it immediately. I can’t say enough good things about the staff.”

To say that Barnes was sold after just one visit would be an understatement. He estimates that he has been back about 15 times since his first visit, returning with his wife for a vacation – or “booster shot” as he puts it – each year.

“I like that their programs are based on solid research, and they stay up-to-date,” he said. “They don’t just feed you the latest fads and I appreciate the more scientific approach.”

In fact, the H3 program has had such a profound impact on Barnes that he became a personal trainer. “The healthy lifestyle that I’d learned became such part of me that I started sharing what I’ve learned with others,” he said. “Somebody suggested, you’re so passionate about this, you should become a personal trainer. So I did.”

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## **HILTON HEAD HEALTH GUESTS ENJOY A WIDE VARIETY OF FUN ACTIVITIES LED BY CARING AND SKILLED PROFESSIONALS.**

Reflecting upon why H3 guests so enjoy their experience, and are so successful in achieving their goals, Moore sums it up with two questions. “The first is, did you think when you came here that you’d work this hard and laugh this much?” he said. “The other question I ask is, did you think that 1,200 calories could possibly taste this good?” ■





# Chicken Cordon Bleu

This generous entrée takes a little time to prepare but we know you will find it worth the effort. Get your butcher to butterfly and pound the chicken breasts and slice the Canadian bacon to save time. Make a few extra servings for another day. Serve with Dijon Mustard Sauce and Cauliflower-Potato Mousse.

## INGREDIENTS

- 6 – 5 oz. boneless, skinless chicken breasts, butterflied and lightly pounded
- 3 oz. Swiss cheese, (buy un-sliced and cut into ½ oz. batons)
- 12 – ¼ oz. (very thin) slices Canadian bacon (get it sliced at the deli counter)
- 12 cups cleaned fresh spinach, wilted and drained
- 2 cups Panko Japanese style bread crumbs seasoned with 1 tsp each onion powder, garlic powder, paprika, dried parsley, salt
- ¼ tsp black pepper
- 1 cup egg whites or egg substitute

## PREPARATION

- Heat oven to 350 degrees
- Clean chicken, carefully butterfly and lightly pound each breast (ask your butcher)
- Place spinach in a large skillet (no oil or water needed), cover and gently heat, stir to wilt. Drain well and lightly chop.
- Lay breasts out on a clean surface
- Lay 2 slices of Canadian bacon, 2 tablespoons of spinach and 1/2 ounce of cheese on the edge of each breast
- Carefully wrap the chicken around the filling so there are no gaps in the edges
- Combine bread crumbs with seasonings in a large pie plate
- Place egg in a pie plate and carefully dip each breast in the egg
- Carefully roll each stuffed breast in the seasoned crumbs and transfer to a parchment paper lined baking sheet
- Bake 20 to 30 minutes or until cheese oozes and breasts are browned
- Serve with Dijon Sauce and Potato-Cauliflower Mousse

**Number of Servings: 6**

**Calories: 250**

**Fat grams: 10**







## Lowcountry Crab Cakes

These classic patties are served up and down the Eastern seaboard but the best catch is found righthere: lightly breaded, pan browned and finished in the oven. Gently tossing the crab mixture and gingerly patting them into shape will ensure your crab cakes are delicate. The moist, flaky claw meat mixed with the firmer lump gives the patties better texture given the reduced amount of mayonnaise and other “binding” ingredients in this recipe.

### INGREDIENTS

- ½ lb crab lump meat
- ½ lb crab claw meat
- 1 Tbsp light mayonnaise
- 1 Tbsp Dijon mustard
- 1 Tbsp chopped fresh dill weed
- ½ tsp Old Bay seasoning mix
- 2 shots Tabasco pepper sauce
- 1 tsp Worcestershire
- 1 whole egg, well beaten
- 1 tsp micro-grated lemon skin
- 2 Tbsp Panko bread crumbs
- ½ cup more Panko crumbs (for exterior)
- 1 Tbsp canola oil

### PREPARATION

- Preheat the oven to 350 degrees
- Combine all but the last two ingredients and gently mix by hand
- Place remaining Panko crumbs in a pie plate
- Using an ice cream “disher”, scoop up 4 ounces of the mixture
- Drop crab mix into crumbs and gently pat down (make as thick or thin as you like)
- Turn and lightly coat both sides, carefully shaping the cake as you work
- Place on a cookie sheet and chill until ready to cook
- Add oil to a large non-stick skillet and heat to medium
- Place cakes in the pan and lightly brown on one side
- Transfer cakes to a baking sheet (browned side up) and bake 10 minutes (if your pan is oven-safe just turn the cakes and place the pan in the oven)
- Serve immediately with Roasted Red Pepper Sauce and Remoulade

**Number of Servings: 4**

**Calories: 100**

**Fat grams: 3**