



HILTON HEAD | HEALTH

Compare our four programs to find the one that meets your overall goals and needs.

LoseWell4
28+ Days

JumpStart
7+ Days

LivingWell
7+ Days

Healthy Getaway
3-4 Days

Interested in achieving an overall healthy lifestyle	●	●	●	●
On a Scale of 1-10, 10 being Excellent, I would rate my healthy behaviors:	1 to 6	3 to 7	5 to 10	7 to 10
Which weight loss goal most accurately describes you:				
I need to Lose 40-50 lbs +	●			
I need to Lose 20-50 lbs +	●	●	●	
I need to Lose 10-30 lbs +		●	●	
I want to maintain, or lose up to 10 lbs			●	●
I have had Chronic Issues with weight (<i>I've struggled with weight most of my life</i>)	●	●		
I would describe myself as a binge eater, emotional eater, and/or yo-yo dieter	●			
Find the description that most accurately describes your fitness/activity:				
I am currently sedentary.	●	●		
I am inconsistent with exercise, but I am active from time to time.	●	●	●	
I have been moderately active (<i>3+ times per week</i>) for the past 3 months.		●	●	
I have been moderately or vigorously active for more than 6 months.			●	●
Find the description that most accurately describes your nutrition goals/habits:				
I have never focused on my nutrition, and I am not knowledgeable about balanced nutrition.	●	●	●	
I have general knowledge about nutrition, but I've not been consistent with nutritional habits.	●	●	●	
I've followed a nutrition plan in the past, but have been off track for 3 months or longer.		●	●	
I've recently re-focused my nutrition and have been on track for at least 1 month.			●	●
I've always followed a balanced nutrition plan.			●	●
Which of the following best describes what you are looking to get out of your stay at Hilton Head Health:				
I need a structured, supportive environment that gives me the accountability and direction I need to make a significant impact in my weight.	●			
I need to tackle the mental roadblocks that prevent me from choosing the healthy behaviors I know are good for me.	●			
I'm looking for a program that will help me hit the reset button for my fitness and eating habits.	●	●	●	●
I like to pick and choose a variety of classes that meet my energy level at that time. I am good at monitoring my level of intensity to ensure progress without injury.			●	●
I'm looking for inspiration in all areas to enhance my already-healthy lifestyle.			●	●



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Compare the services and amenities of our four programs to find the one that meets your overall goals and needs.

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General Amenities				
H3\$ (<i>H3's Service Allowance to Personalize Your Stay</i>)	●	●	●	●
CORE Program Schedule	●	●	●	●
Complete Meal Plan in True Restaurant	●	●	●	●
Accommodations (<i>as specified</i>)	●	●	●	●
Complimentary Transportation to/from SAV and HHH Airports	●	●	●	●
Complimentary Transportation to/from H3 Campus and Island Locations upon Request	●	●	●	●
Full Access to H3's Amenities (<i>pool, fitness centers and spa</i>)	●	●	●	●
Opportunities to Schedule Recreational Activities	●	●	●	●
Opportunities to Schedule Cooking Classes	●	●	●	●
Program Specific Amenities				
Health Screening	●	●		
Metabolic Assessment	●			
Weekly Weigh-In	●			
Goals & Strategy Consultation	●	●		
Program Specific Cooking Demonstration	●	●		
Program Specific Educational Series	●			
Group Counseling	1X/week			
Individual Counseling	1X/week			
Functional Movement Screening	●	●	●	
Comprehensive Fitness Assessment	●			
Small Group Training	2X/day	1X/day		
Fitness Coaching	1X/week			
PNF Stretch with Heat Therapy	1X/week			
Myofascial Rolling with Cold Therapy	1X/week			
Stretch and Reform	1X/week			