

Hilton Head Health 3 Day Getaway Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Assessments	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk Assessments	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 Hydro Circuit Core Strength	Shoe Seminar Treading Cardio-Boxing Yoga in a Chair	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Orientation	Treading Roll It Out Step Aerobics Hydro Circuit	Yoga Gentle Pilates	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 Hip Hop Dance Aqua Resistance	Treading Tai Chi Nautical Noodle	Treading Body Sculpting	10 AM Cardio-Boxing
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	10 AM Check Out
11 AM		Nutrition for Health Work Stress	Exercise Prescription Understanding Diabetes	Build a Better Body Mind/Body Connection	Clarifying your Values Maximize Your Health	Stress: An Unrealistic Reality Restaurant Game	Staying Motivated	11 AM Yoga
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk
1 PM		Intro to Fitness Equipment	Break	Break	Break	Break	Break	Low Country Treading
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Life Transition Outdoor Drills	2:30 – 3:30 Making Time for Your Healthy Lifestyle	Portion Control Forest Preserve Trek	Cardio-Tennis Recreation: Tanger Outlets	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Round Table w/Health Specialists		Metabo Meal
4 PM	Registration/ Check-in	Intro To Yoga ULTRA Circuit	Nautical Noodle Machine Pump	Check – In Zumba Restorative Yoga Stretch & Relaxation	Restorative Yoga H3I Boot Camp (4:00 – 5:30)	Machine Pump Body Sculpting		
5 PM	Orientation	Resistance Band Training Beach Walk	Shoe Pick-Up Beach Walk Body Sculpting	Intermediate Pilates FitBall Strength	Resistance Band Training Body Sculpting	Yoga		
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		Stretch & Relaxation	Stretch & Relaxation	Movie Night or Stretch & Relaxation	Stretch & Relaxation			

Sample Session Descriptions

Life Transition

Learn strategies to cope with the three stages of relationship, career, and/or lifestyle changes.

Outdoor Drills

This outdoor circuit training session is a moderately paced walk/jog that combines interval strength training and calisthenics movements. An H3I Fitness Specialist will lead you through various drills throughout Shipyard Plantation.

Making Time for Your Healthy Lifestyle

Invest your time in what's most important to you by scheduling your priorities before you prioritize your schedule.

Restaurant Game

The purpose of this session is to help guests make healthful choices in restaurants and leave with a feeling of satisfaction, not deprivation.

Portion Control

See firsthand how easily portions can get out of control. Learn actual serving sizes.

Forest Preserve Trek

Take time to admire nature while enjoying an invigorating, guided hike through the trails of the beautiful Forest Preserve in Sea Pines Plantation of Hilton Head Island.

Cardio-Tennis

A cardio-tennis program designed to give players of all abilities an ultimate, high-energy workout. Basic ball control skill and strokes will be introduced with the goal to have even beginners hitting the ball in a rally situation within the first few minutes.

Stress: An Unrealistic Reality

Events or situations don't cause stress – how people interpret them causes stress. People often view feared situations unrealistically, imagining the worst possible outcome. This session focuses on reducing stress by thinking more realistically.

Staying Motivated

Enhance your motivation to maintain your healthy eating and physical activity after your return home.

Round Table with Health Specialists

Our Health Specialists will be available to answer any questions you may have about nutrition and/or fitness.

Stress and Wellness

The impact of stress on health will be discussed.



Hilton Head Health

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