

## Hilton Head Health *Healthy Transitions: Overcoming Emotional Eating* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7 AM</b>		Sunrise Beach Walk Assessments	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk	Sunrise Beach Walk Gentle Pilates	Sunrise Beach Walk Assessments	Sunrise Beach Walk	
<b>7:30 AM – 9 AM</b>	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	
<b>8:30 AM</b>		Mini – Orientation Shoe Seminar Diabetes Education Raise the Bar Water Walk/Jog	Cardio-Boxing Restorative Yoga Belly Dancing	Step Aerobics ULTRA Circuit Gentle Pilates	Cardio-Boxing H3 Boot Camp Hip Hop Dance	Step Aerobics ULTRA Circuit Low Body Cond.	Cardio – Boxing Yoga Medicine Ball	<b>9 AM</b> Breakfast/ Thermal Walk
<b>9:30 AM</b>		Treading* Core Strength Aqua Resistance Planning Your H3 Fitness	Treading* Low Body Cond. Fit Ball Aerobics* Deep Water Cond.	Treading* Hydro Circuit Tai Chi Medicine Ball	Treading* Raise the Bar Super Circuit Deep Water Cond.	Treading* Aqua Resistance Tai Chi Core Strength	Treading* Gentle Pilates Body Sculpting Nautical Noodle	<b>10 AM</b> Raise the Bar
<b>10:30 AM</b>	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	<b>10 AM</b> <b>Check Out</b>
<b>11 AM</b>		Nutrition for Health  Body Image	Exercise Prescription  Work Stress	Building a Better Body  Habits of Successful Weight Managers	Opening Session	Food For Thought: Examining Your Relationship w/Food	Making the Transition	<b>11 AM</b> LC Treading*
<b>12 PM</b>	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Mindful Eating Lunch	Lunch/ Thermal Walk	Lunch/ Thermal Walk
<b>1 PM</b>		Intro to Fitness Equipment	<b>Workshop Q&amp;A w/Johanna</b>	Break	Understanding <i>Your</i> Emotions	Healthy Alternatives	Regaining Control	<b>1PM</b> Yoga for Abs
<b>2 PM</b>		Planning Healthy Meals Skills Group: Body Image	Goal Setting  Cooking Demo	Live Transition  Beach Boot Camp	The Emotion Continuum	Healthy Transitions: SMART CART	Strategies for Success	
<b>3:30 PM</b>	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal
<b>4 PM</b>	Registration/ Check-in	LC Treading* Outdoor Circuit Intro to Yoga Super Circuit	LC Treading* Hydro Circuit Body Sculpting Beg. Step Aerobics	Zumba Fit Ball Aerobics* Intermediate Pilates Aqua Resistance	LC Treading* Core Strength Body Sculpting Nautical Noodle	SMART CART: (Continued)	Making Peace	
<b>5 PM</b>	Orientation	Shoe Pick – up Resistance Band Fit Ball Strength* Pilates Reformer Demo	Beach Walk Roll it Out Stretch & Relaxation	<b>Check-In</b>	Yoga Resistance Band Stretch & Relaxation	Stretch & Relaxation Yoga for Abs		
<b>6 PM</b>	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Mindful Eating Dinner	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
<b>7 PM</b>		Stretch & Relaxation	Movie Night in MPR	Yoga in a Chair	Activity			

## **Healthy Transitions: Overcoming Emotional Eating Session Descriptions**

### **Opening Session**

Through engaging partner exercises and activities, you will get to know everyone in the group and understand that you're not alone.

### **Understanding *Your* Emotions**

Build on your understanding of emotional eating as you discuss specific conditions of emotion (stress, depression, anxiety, etc.) and how they can hinder the development of healthy eating patterns.

### **The Emotion Continuum**

Learn more about depression and anxiety in relation to your stress and trigger foods.

### **Food for Thought: Examining *Your* Relationship with Food**

Throughout life, we experience different physiological, psychological and behavioral relationships with food. Learn what your trigger foods mean to you. Share your experiences and discover how they affect your current relationship with food.

### **Mindful Eating**

Use this meal time to practice the techniques discussed for healthy eating behaviors.

### **Healthy Alternatives**

Through group discussion and journaling exercises, discover alternatives that will help you develop healthy eating patterns.

### **Healthy Transitions Smart Cart**

Join Johanna Smith-Ellis at the grocery store and learn tips that will help you move through the aisles with a level-head. Practice techniques to help control impulsive choices that lead to negative eating behaviors.

### **Making the Transition**

What do you hope to gain from developing healthy eating patterns? How will you measure your success? Goal setting and tracking your progress are key components to defining your success. Learn how to develop a flexible structure in your life to help adapt to your varying moods.

### **Regaining Control**

In this interactive session, expect to be surprised. Take back your control over the foods you fear and crave....

### **Strategies for Success**

To achieve any goal, it is essential to *have a plan* and know *how to work your plan*. Learn how to use your strengths to overcome sabotaging situations and obstacles.

### **Making Peace**

Take the time to reflect on your experience, what you've gained and how you will apply it to life at home. Envision yourself being successful in developing these new behaviors.



*Hilton Head Health*

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