

H3@Home COACHING

SHARING SUCCESS: LORI HOLLAND

Last year I was very depressed about the way I looked and felt. I was around 70 pounds overweight and felt completely hopeless after trying and failing so many diet plans. I was obsessed with TV shows like *The Biggest Loser* and A&E's *Heavy*. When *Heavy* started filming at Hilton Head Health, I kept saying to myself, "That's just a few hours away." In April, I decided I was going to go spend a week there after school got out. So I booked my week in June and began to think that there was hope.



During my week there, I attended every informational class that was offered. I have worked out in gyms and taken various classes, so my primary concern was to get all of the accurate information I could get. This is where I learned about the H3@ Home program. I looked at that as a protection on my investment, so that when I got home and had questions or problems, I would have someone to turn to. I was matched up with Amy Kelderhouse and we hit it off immediately.

HOW HAS H3@HOME COACHING BENEFITTED YOU?

When I got home, I did in fact have many questions and issues. I had a couple of injuries, some time constraints, and all kinds of general questions. Amy was always right there with fabulous solutions to every problem I encountered. With her guidance, I was walking 6 miles every day and planning good meals. I was having a horrible time with plantar fasciitis, which she gave me wonderful stretching exercises for. I remember telling her that during the third month of being at home, that everything hurts because I'm just old and tired. She reminded me of the book and class I had taken at Hilton Head Health called "Younger Next Year". I had actually downloaded that book onto my iPad while I was in Hilton Head. I got it out and started reading it. Amy had been reminding me that I really needed to get my heart rate up while walking. Due to the plantar fasciitis, I just couldn't walk any faster. But when reading the book, something clicked. I went out and bought a heart rate monitor and started riding my exercise bike. The first week I worked 20 minutes at the correct heart rate. I added 5 minutes each week until I had worked up to 45 minutes per day 6 days a week. The weight started falling off.

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WHAT SUCCESSES CAN YOU ATTRIBUTE TO WELLNESS COACHING AND THE CONTINUED AT-HOME SUPPORT?

I am now down a size in my clothing, have more energy, and am feeling better in general. I plan my meals each Sunday for the week in order to eat correctly. My entire life has changed since attending Hilton Head Health and having Amy as my at-home trainer. Prior to my visit, I was doing nothing. Now, I'm exercising 6 days a week without fail. Had I not had Amy, I don't think I would've made it. The accountability along with the resources and help she gave me were and continue to be invaluable. I am so incredibly grateful for having this opportunity.

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