

H3@Home COACHING

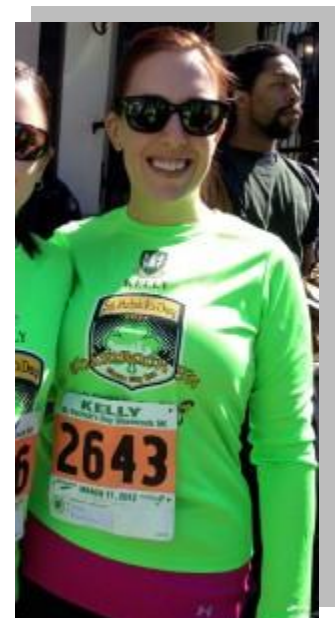
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Today I am happier and healthier than I can ever remember being as an adult on my birthday. One year ago today I made the decision to change my life. I was miserable. I was at obese, severely depressed and stuck. I saw the rest of my life as being as sad and lonely and miserable and didn't know what to do about it. My mother offered to take me clothes shopping to cheer me up since it was my birthday. We parked at the mall and I walked into the store only to have a panic attack as soon as we reached the "Women's" section. I burst into tears and demanded that she take me home. We got back in the car and on the way home I cried and cried and then turned to her and said, "I have a problem and I need some help". I had been looking at H3's website for a couple of months leading up to this and had an idea that a place like this could maybe be part of my answer. Through tears I told my mom about the website and the facilities, and when we got home we looked at the site and made the phone call. On June 6th 2011, I arrived at H3 for a month long stay. I can truly say that the decision to go to H3 saved my life, in every way possible. My life is now completely different.

During my stay at H3, I lost 12 lbs and gained a renewed sense of self and purpose for my life. The impossible now seemed within reach. From the day you arrive, the staff starts preparing you for when you leave, the main goal being maintaining and adapting your newly found enthusiasm and tools for healthy living into your everyday life. I signed up for the at home coaching with Amy and went home. That's when my real work started. I threw myself into my new lifestyle head first and have never looked back. I started cooking all of the meals for my family, and have become quite the chef, finding healthy recipes and trying them out on my very willing family. I plan all of my meals in advance and make sure I'm getting the appropriate nutrition. I started running...ME! The girl who once said, "I will never understand people who run"....that's ME now! I run 5 days a week and truly look forward to it! I've had depression for 15 years and I have YET to find ANY medication that works better for me than my natural endorphins. I am happier and more even keeled than I can ever remember being in my entire life, and it is due to my now very active lifestyle.

Most importantly, I am healthier. In just under one year I have lost close to 60lbs, gone down 3 sizes in clothing and can now shop in all of my favorite stores. My body is still a work in progress, but my confidence and my self-esteem have reached never before seen levels, and even better, I now see a future for myself that is entirely possible. H3 let me take control of my own life and I am forever grateful to Amy and the rest of the staff there for that.

My weekly phone calls with Amy were a lifesaver. It was so helpful to be held accountable to someone. It was also a weekly reminder of everything that I'd learned at H3, and if you've met Amy, you know that her sunny personality and sincerity can make any frustration you may have just disappear!



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