

H3@Home COACHING

Sharing Success – Kappy Strahan

In late January, Kappy's journey began at Hilton Head Health and from then on she unlocked something inside of her that can never be taken away. If you asked her in January, what she enjoyed most about exercise, Kappy wouldn't have been able to give you a straight answer. During Kappy's final days she attended a personal training session with Fitness Specialist Amber Shadwick; where she learned about Pose Running Technique, a safe and efficient way to run. She wondered could I really start running at 66 years old?



The answer was YES of course. Beginning the H3 @ Home Program she began to incorporate run/walks into her morning routine and weekly goals. Kappy discovered she didn't enjoy the gym ... she had to be outside. Able to feel the endorphins and remain as free as possible invigorates Kappy and it's not a sporadic thing its every morning now. She slowly built up from 2 days a week to 4 days a week and from there 1 block a day to 5 miles a day. She's now regularly training, or in Kappy's words enjoying her body's posture and way of moving 5 days a week hitting a distance of at minimum 2 miles each morning. As a result of her new passion, Kappy told me she had to have a yard sale one weekend for all the clothes that no longer fit.

What's more enticing is the difference the people closest to Kappy see inside her. Kappy's whole perspective has changed and her positive, love for life attitude is affecting others. As one of Kappy's bold three month goals she decided to pick a road race and finish it. On May 21st, 2011, Kappy participated in the **33rd Memorial Day Boulder Boulder 10K** with her daughters and family members. One of the largest 10K races in the country boasting over 50,000 runners, Kappy end up finishing under 2 hours. The truth is she had already crossed that finish line before beginning her run.

Please enjoy other thoughts from Kappy on her H3@Home Program Experience:

In what ways has the H3 @ Home Wellness Coaching program benefited you the most or most changed you?
The before and after.

Before: I did no physical exercise. I was not sure I could carry through with any program. I hated gyms. I was self-conscious about trying to run on public roads or work out in the gym. I had zippo confidence in myself and my physical ability. I thought I was on the downhill slide to the far side of nowhere.

After: I am so confident! I know I can reach goals I set. I know how to keep it going and what to do if I fall back. There is no such thing as failure for me now.

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How would you rate the motivation provided by your H3 @ Home Coach?

The BEST! I could feel Jeff's enthusiasm for my work each week. I would hang up after our session and feel like I could burn up the Boulder roads. I needed to hear that each week. It was very important.

How has wellness coaching changed you in the following areas?

Appearance:

I look dang good! I've lost weight, but best of all I smile all the time

Motivation:

After three months with Home Coaching, I am super motivated to keep it going. Not ready to die anytime soon.

Energy:

That is one of the best things about being fit, I have more energy now than when I was in my forties raising three teenagers.

Exercise Habits:

I actually want to wake up so I can get out there and run/walk. It's like brushing my teeth. Gotta do it. I call it eating endorphins.

Eating Habits:

I've always had good eating habits but I have more knowledge about what to eat. Metabos are a new lifetime habit.

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