

Hilton Head Health *Culinary & Fitness Adventure* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7 AM		Sunrise Beach Walk Blood Screenings	Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk	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 Shoe Seminar Core Strength Hydro Circuit	Treading Cardio-Boxing Yoga in a Chair Aqua Resistance	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Treading Belly Dancing Machine Pump Hydro Circuit	Treading Roll it Out Step Aerobics Water Fitness	Medicine Ball FitBall Aerobics Water Fitness	9 AM Breakfast/ Thermal Walk	
9:30 AM		Planning Your H3 Fitness Treading	FitBall Aerobics Water Walk/Jog Treading	Treading Intermediate Pilates Water Fitness	Opening Session	Garden to Table	10 Days of 30- Minute Meals	10 AM Fitness Yoga for Abs/Lower Back	
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Power Meals				Seasonings 101	10 AM Check Out
11 AM		Nutrition for Health Stress Eating	Exercise Prescription Understanding Diabetes						Building a Better Body It's All About Me!
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch-N-Learn	Lunch/ Thermal Walk	Lunch/ Thermal Walk	
1 PM		Intro to Fitness Equipment	Break	Break	Beach Bootcamp	15 Mile Island Bike Ride	Island Kayak/ Yoga Excursion	Body Sculpting	
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Portion Control Flexibility & Balance				3:00pm Metabo Meal	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Paddle Board Challenge/Sunset Beach Trek				
4 PM	Registration/ Check-in	Intro To Yoga Beginner Step Aerobics	Body Sculpting Outdoor Circuit	Zumba – Latin Dance Restorative Yoga			Yoga in the Pool Gentle Fitness		
5 PM	Orientation	Shoe Pick – up Resistance Band Training	Yoga Low Body Conditioning	Butts & Guts Gentle Fitness	Resistance Band Training Body Sculpting	Machine Pump ULTRA Circuit	Date Night		
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Gourmet Dinner		Dinner/ Thermal Walk	
7 PM		Stretch & Relaxation	Stretch & Relaxation	Game Night or Stretch & Relaxation	H3 Night Out				

Culinary & Fitness Adventure Sample Descriptions

Power Meals – Breakfast, Snacks & Lunches

Learn how to prepare and pack quick healthy breakfast foods, snacks and lunches – sure to keep you fueled throughout the day.

Beach Bootcamp

Beach Bootcamp is designed to exploit the inspirational drive within each of us. It will leave you feeling empowered and motivated. The class is designed for all fitness levels and includes aerobic conditioning and callisthenic strength training.

Paddle Board Challenge/Sunset Beach Trek

With the beautiful surroundings of Broad Creek and its marshes, you're in for a treat. Learn different paddling techniques and facts about our Lowcountry wildlife, while mastering core strength and balancing challenges of paddle boarding. Then enjoy a relaxing walk on the beach as the sun begins to set.

H3 Night Out

Experience an evening of cooking demonstrations, healthy appetizers and wine pairings. Great entertainment, great food and great wine – what more can you ask for!

Garden to Table

Learn how to make the most out of the vegetables in season. Learn how to prepare different vegetable sides and entrees full of essential nutrients.

Seasonings 101: Making Rubs, Marinades & Sauces

Herb rubs, marinades and sauces are what make any dish a hit on flavor AND on the scale! Knowing what to add and what to leave out can make a huge difference on cutting calories while keeping flavor.

Lunch-N-Learn

During this session, you will enjoy a cooking demonstration with an H3 Chef learning cooking techniques and how to incorporate healthy meals into your lifestyle, all while enjoying the delicious meal being presented for the day.

15 Mile Island Bike Ride

Challenge your cardiovascular and muscular endurance while enjoying fresh and getting a scenic tour of the beautiful Hilton Head Island. This guided fitness adventure begins with basic instruction and continues with warm-up, interval training, cool down and guided stretch. Bicycles are provided, previous bicycle experience is required.

10 Days of 30-Minute Meals

During this session, you'll make 2 weeks worth of delicious, healthy meals. Learn how to cross-utilize ingredients to create different dishes to get you through the week.

Island Kayak/Yoga Excursion

Enjoy an invigorating kayak ride on the May River to tidal island followed by guided yoga poses & stretches.

Date Night

Enjoy an evening of dinner and entertainment with this hands-on cooking lesson / dining experience. You will enjoy a 4-course gourmet dinner that speaks from the soul, and is also good for the heart. Dinner, wine pairings, and recipe packets included.