

Hilton Head Health *Personal Responsibility: Taking Charge of Your Life* 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	
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	Yoga Gentle Pilates Step Aerobics	9 AM Breakfast/ Thermal Walk
9:30 AM		Planning Your H3 Fitness Treading	FitBall Aerobics Water Walk/Jog Treading	Treading Intermediate Pilates Water Fitness	Treading Hip Hop Dance Aqua Resistance	Treading Tai Chi Water Walk/Jog	Developing Healthy Boundaries	10 AM Fitness Yoga for Abs/Lower Back
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	10 AM Check Out
11 AM		Nutrition for Health Stress Eating	Exercise Prescription Understanding Diabetes	Building a Better Body It's All About Me!	Opening Session	Are You Paying Attention?	A Proactive Approach to Life	11 AM Fitness Treading
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk
1 PM		Intro to Fitness Equipment	Break	Break	Personal Responsibility	Finding the Right Attitude	Priorities to Practice	Body Sculpting
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Portion Control Flexibility & Balance	Responsibility to Ourselves vs. Responsibility to Others	2:30 PM A No-Nonsense Approach		
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal
4 PM	Registration/ Check-in	Intro To Yoga Beginner Step Aerobics	Body Sculpting Outdoor Circuit	Zumba – Latin Dance Restorative Yoga	Yoga Power Flow Low Impact Aerobics	FitBall Strength The Firm Body Workout		
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		
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Mindful Eating Dinner	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
7 PM		Stretch & Relaxation	Stretch & Relaxation	Game Night or Stretch & Relaxation	Activity			

Have you ever said to yourself, “I know what to do, why can’t I just do it?”

Join Johanna Smith Ellis, our Guest Wellness Counselor, for this 3-day workshop on taking charge of your health. If you struggle with maintaining a healthy exercise and meal plan, even though you *know what to do*, come explore what factors may be holding you back. Our attitudes, relationships, communication skills, and time management all play a vital role in our health, while excuses and blame can lead to the very unhealthy behaviors we’re trying to eliminate. Rediscover your priorities and design a plan from the *Inside Out* that will build the foundation for sustaining your health habits. Take charge of your health – *you own it*.
(Limited to 10 participants.)

Opening Session

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

Personal Responsibility

Explore your unique personal history and how it influences your present concept of what it means to be responsible.

Responsibility to Ourselves vs. Responsibility to Others

Explore the responsibilities you place on yourself in relation to you and others, as well as the responsibilities that others place on you. Are they realistic?

Mindful Eating

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

Are You Paying Attention?

Finding the Right Attitude

How do our attitudes affect our emotions and behavior? Can we change how we act by changing the way we think? Identify your attitude errors.

A No-Nonsense Approach

Think of Motivation and behavior change as the chicken and the egg – Which comes first? What motivates *you*?

Developing Healthy Boundaries

Learn and practice establishing healthy boundaries to protect your new lifestyle.

A Proactive Approach to Health

Discover the difference between Assertiveness and Aggressiveness, and what role Assertiveness plays in keeping you healthy.

Priorities to Practice

Identify your priorities and develop time management skills to accomplish what means most to you in your life. Most importantly, learn how to put it into action.



Hilton Head Health
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