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Hilton Head Health: Jump-Starting Your Fitness And Weight-Loss Routine



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Travel

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Hilton Head Island, located in South Carolina, is a scenic and peaceful setting. HILTON HEAD HEALTH

Many people have put on the Covid-15 (or, for some, the Covid-30) and are looking for a way to reset their fitness plan—whether it’s to lose weight, gain

muscle tone, or feel better emotionally and physically. Enter [Hilton Head Health](#)—a great place for a do-over.

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Set on the beautiful island of Hilton Head, South Carolina, the resort is a place for people to spend 24-7 focusing on just themselves and their physical and mental wellness. There's plenty of variety from fitness classes to meditation, healthy cooking demonstrations to outdoor adventures. Think daily sunrise walks on the beach, kayaking and SUP, beach yoga and outdoor pool fitness classes.

Hilton Head Health attracts visitors from all over the world—both men and women, solo travelers and couples. (It's adults only, so no kids.) The property opened over 40 years ago and it's not uncommon to have visitors come back when they are in need of a reboot.

The Activities at Hilton Head Health





There are plenty of activities offered including many that take place on the beach. HILTON HEAD HEALTH

What's nice is that you can pack plenty of activities each day or space them out as you see fit. Sign-up sheets are available the day before the activity runs, so no need to plan in advance for what you think you might want to do. Classes range from cardio (like TRX Circuit and Barre Fit) to yoga and meditation, from nutrition lectures (Habits of Successful Weight Managers and How to Turn Your Kitchen into a Healthy Kitchen) to cooking demos.

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Find something you like? You can also sign up for one-on-one classes with a favorite instructor. There's private yoga, meditation, dance, TRX training, aquatics, and more. Or if you're looking to start a new exercise regimen, you can book a session with a personal trainer. If you're hurting from a recent injury, you can book a recovery session and a personal trainer can tailor a program specific to your needs. Looking to change the way you eat? A private one-on-one meeting with a registered dietician is a good option.

Lastly, if you hate to cook, or if you're not sure how to cook in a healthy fashion, a one-on-one private cooking class is ideal. You meet with the chef the day before to go over specifically what you'd like to cover and learn (how to cook fish; how to cook with less fattening, more fiber-rich foods; how to

make pan-sheet meals). The chef then makes notes and prepares the cooking session to your specific interest.

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Beyond Classes





There's a chance of seeing dolphins on the two-hour kayak tour. OUTSIDE HILTON HEAD

It's not all classes either. You can rent bikes for the duration of your stay. Go on walks around the property and even go on a kayak tour. [Outside Hilton Head](#) offers amazing two-hour tours through the tidal creeks and salt marshes that surround Hilton Head Island. Expert guides will be on the lookout to point out surrounding wildlife including Atlantic bottlenose dolphins, 12 species of heron, ibis, bald eagles, sea turtles, redfish, oysters, sea pickle, live oaks, Spanish moss, osprey, mink, and pelicans. The guides will also talk about the ecosystem, the area's history and culture.

Of course, the spa is a great way to pamper yourself and treat sore muscles. The deep-tissue massage is a big hit as well as the Thai massage.

The Food





There's a variety of food offered at each meal. HILTON HEAD HEALTH

The three meals a day at True Dining are nutritious as well as tasty. The Mediterranean diet inspired cuisine will inspire you to eat healthy not only at the resort, but after you get home. Healthy snacks are available throughout the day.

The food is so good, you'll be surprised at how low the caloric count is. It really does open your mind to what is—and isn't—a good way to do meal planning. Meals can be eaten in the dining room, outside or taken to go.

The Rooms at Hilton Head Health





The new inn is steps away from the pool, restaurant and activity center. HILTON HEAD HEALTH

The brand-new 30-room Sweetgrass Inn just opened in March of this year. The 18,000-square-foot accommodation is really comfortable and thoughtfully designed. The large outdoor balcony is a communal area—great for conversation or meditation. It overlooks the resort pool. Many of the rooms have their own washer and dryer, which is extremely helpful when working out and sweating throughout the day (many people go through multiple wardrobe changes in a day). There is also a communal washer and dryer for those who don't have one in their room (there's no cost). The inn is just steps away from all the activities offered on property and steps away from the restaurant. If you forgot something or quickly wanted to change clothes, it could not be more convenient to run back to the room.

Tailored Programming



In addition to booking one-on-one sessions, people can take as many classes as they'd like. HILTON HEAD HEALTH

What's especially nice is that Hilton Head Health offers different programs. The all-inclusive rate includes accommodations, all food, lectures, classes, and resort credit to be used at the spa, cooking classes, or for any premium experiences.

The LivingWell program is a seven-night stay that focuses on your wellness goals.

The Healthy Getaway program can be booked for three or four nights and is a great way to jump-start your health if you're in a crunch for time and can't commit to a week.

WorkWell is a brand-new program designed for people who want to take a wellness getaway but still get work done. The all-inclusive package leaves specific "work hour" gaps throughout the day between fitness classes, meditation, lectures, spa treatments, and cooking demos so people have designated times they can schedule conference calls, Zoom meetings, and time to check emails.

H3 on Demand was created by exercise, nutrition, and behavioral psychology experts from Hilton Head Health. It's a video library that addresses physical activity, nutrition and kitchen skills, and behavioral understanding and modification in a single cohesive and engaging program. Currently the library has over 110 unique videos specially curated to encourage and support those who struggle with unhealthy weight, chronic conditions, or limited mobility.

The videos are broken into three categories. EatWell focuses on recipes and cooking demonstrations; MoveWell features a variety of workouts (including kickboxing, dance, and yoga) ranging from 30 to 45 minutes; and BeWell focuses on lifestyle habits like stress management, mindful eating, better sleep habits, and meditation. The streaming service is sequenced into a 16-week program called REAL Weight Loss, inspired by the LoseWell program at the weight-loss resort. Videos are added weekly.

Check out my *website*.



Judy Koutsky

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