

Revitalize 28 Day Nutrition Program

If you are feeling...

TIRED • SLUGGISH • MOODY
HORMONALLY IMBALANCED
FATIGUED • BLOATED

It's time to...

RENEW | REFRESH | RECHARGE | REVITALIZE

\$365+ per person for the month of September

Let's take 28 days to focus on feeling better and fueling our body with foods that heal. In 28 days, you'll discover:

- Your unique health blueprint
- Which foods give you optimal energy and jumpstart your metabolism
- How to plan your own healthy, stress-free meals
- Real life strategies for putting yourself FIRST
- The exact steps, week by week, that help you achieve long-lasting results
- Tips on cooking healthy breakfast, lunch, and dinner recipes that will leave you satisfied with every bite
- Which snacks are healthy and easy to make
- Tactics for crowding out the bad stuff, so you can bring in yummy foods to replace them – no deprivation!
- Easy ways to order healthy everywhere

Here's a peek at what's inside this program:

- 4 Weekly eBook Guides with daily prompts
- Recipe Guide packed with 70+ recipes
- Meal Planners and Shopping Lists for each week
- A simple-to-use Food Diary
- Cooking Demo
- Several Quick Guide handouts
- Program Kickoff meetup, individual check-ins from your health coach and a next steps meetup all to keep you motivated and help you stay on track!

Join Holistic Health and Nutrition Coach, Jennifer Wolfe, MS, CSCS, PPSC for this Transformational 28 day Revitalize Program!

Contact the Fitness Center at 843-815-8740 or fitness@hamptonhallsc.com with any questions.



Spa

Warmer weather and sunshine steer us outdoors with all sorts of activities and fun. With that in mind - one can almost never have enough sunscreen on! Reapplication of sunscreen often when outdoors is always a good idea. It is recommended that you replace your sunscreen every year, and most sunscreens list their expiration date. Try to remember to apply to the tops of your feet and the tips of your ears – these areas are often forgotten, but once sunburned...unforgettable!

A dip in the pool or surf is so refreshing but be sure to re-apply afterward even if your sunscreen is waterproof. Neglecting reapplication can lead to a sunburn that can squelch your vacation fun days. A little sun is a good source of vitamin D mixed with a sunless tan lotion, and your favorite moisturizer is a great mix for a healthy glow! Aloe vera is a great soothing treatment post sun exposure too! After your outdoor sports, exercise, or enthusiastic gardening, consider an appointment at the refreshing and relaxing Spa to wind down. Massage & facial treatments combined with subtle sound and aroma therapies transport you to a quiet rest while giving your skin emollients to revive!

To schedule a spa appointment for yourself or someone special, contact

Tara Gabriel, LMT & Skin Care Professional
843-540-0440