

INFORMATIONAL SESSION SCHEDULE

REGISTRATION IS
REQUIRED. DATES ARE
SUBJECT TO CHANGE.

OCTOBER 27, NOON

NOVEMBER 10, NOON

NOVEMBER 20, 6:30 P.M.

NOVEMBER 24, NOON

Hackley Health Management HMR[®] Update

FALL 2008



The Holidays are
Right Around the Corner...

Are YOU Ready?

FREE INFORMATIONAL SESSION

You're invited to
attend a **FREE**
Informational Session.
There is absolutely
no obligation to join.
Call 231-798-2346
today to find out how
we can help you
reach your weight
loss goal.

The average American gains between 5–7 pounds between Halloween and New Year's Day. It's easy to understand why—the easy availability of high calorie holiday treats and the difficulty of finding time to exercise can be a recipe for weight gain. However, it doesn't have to be this way.

From our premiere program which promotes rapid weight loss under medical supervision, to our self-directed HMR Diet Kits, we offer a variety of pre-holiday weight loss options to help you look and feel your best before the holiday celebrations begin!

Top 5 Tips for Holiday Party Survival

1. Have one (or more!) HMR Shakes and/or Entrees before you leave home. You'll arrive at the party feeling full to help avoid a high calorie evening.
2. Take along a BeneFit Bar (or two!) to eat during dessert. The calorie savings could be HUGE.
3. Call your host ahead of time to find out what's being served, and offer to bring a vegetable or fruit platter or a giant salad. (Offer to bring a low-calorie salad dressing, too.)
4. Double or triple an entree recipe from the HMR Recipe Book to serve to guests.
5. Get in extra physical activity the day of the event. You'll be more likely to make healthier food choices.

No Way For You to Attend Clinic Classes Right Now? No Problem!

If you want to come back into the clinic, but your hectic holiday schedule makes it impossible for you to attend weekly classes, you can still lose weight with the HMR foods you know and trust. Try the HMR at Home Kit Club with Automatic Delivery for the ultimate in dieting convenience. Never run out of dieting momentum with delivery of your HMR foods every two weeks, plus the added bonus of 10% off and FREE shipping.

For even more support, you can add 45-minute classes by phone. Studies show that the added coaching and accountability can double your weight loss.



MINTY PEPPERMINT MOCHA

Who needs the calories of a fancy blended drink when you can enjoy this amazing, minty, chocolaty treat for around 100 calories.

- 1 serving HMR Chocolate Shake
- 2 packets noncaloric sweetener
- 4 drops peppermint extract
- 8 oz. hot coffee

Pour coffee into a blender. With the lid slightly open, begin mixing on low speed. Add shake mix, sweetener and extract. Continue blending until mixed well. *Approximately 100 calories.*

“The secret of getting ahead is getting started.”

– Sally Berger

Stuck in a Vegetable Rut?

Next time you're out shopping, consider adding these colorful, "powerhouse" vegetables to your cart. Loaded with antioxidants and a variety of nutrients and phytochemicals, these super-veggies (and fruits) are perfect accompaniments to HMR meal replacements:

- **Beets:** Chop up canned beets and add to an HMR Mushroom Risotto or Savory Chicken Entree.
- **Cabbage:** Shred and toss with some low-cal Asian dressing. Serve with HMR Chicken with Barbeque Sauce or Savory Chicken Entrees.

- **Swiss Chard:** Chop and sauté in nonstick cooking spray. Add to HMR Chicken Pasta Parmesan, Lasagna with Meat Sauce, Cheese and Basil Ravioli, or Mushroom Risotto Entrees.
- **Canned Pumpkin:** Mix ½ cup unsweetened pumpkin into an HMR 70 Plus Vanilla Pudding.
- **Frozen Blueberries:** (Available year-round!) Blend into any HMR Vanilla Shake or Pudding.



JOIN US IN SAYING GOODBYE

In early October, we sadly said goodbye to our nurse, Sue Waggoner and our medical director, Dr. Marjorie Mooney. Sue left Mercy Health Partners Hackley Health Management after 18 years to join her husband in retirement. They plan on spending time with their grandchildren, traveling, and missing out on Michigan's cold weather by escaping to Arizona. Sue touched many lives by cheering on her patients as they met their weight loss goals. She found her way into our hearts with

her kind, gentle nature and has become a friend to many of us.

Six years ago, Dr. Mooney joined us as our Medical Director where she

became a very strong advocate for the HMR program. With her fresh enthusiasm and great ideas, she was able to grow our program into the successful clinic it is today. Dr. Mooney's warm approach and candor has contributed to the success

of our patients. Both Dr. Mooney and Sue Waggoner will be difficult to replace and deeply missed.



SUE WAGGONER,
NURSE



MARJORIE MOONEY, M.D.,
MEDICAL DIRECTOR



Mercy Health Partners Hackley Health Management associates, along with their patients, donated 122 pounds of food to Loaves & Fishes Food Pantry in August. This food helped the pantry feed 623 families in July. That is the highest number of families that Loaves & Fishes Food Pantry has ever helped! Thank you to all who donated to make such a difference in our community.

A Riddle to Ponder

SUMMER RIDDLE ANSWER

Almost everyone sees me without noticing me, for what is beyond is what he or she seeks. What am I? *A window!*

FALL RIDDLE

What vehicle is spelled the same backwards and forwards?

Solve the riddle for a chance to win a free box of shakes. Stop in, call, or e-mail your answer to ckelly@hackley-health.org. Congratulations to Peggy Barton for being our latest winner!



ASK THE EXPERT

with Lisa Kraus, Health Educator

Why do I need to drink so much water?

There is a reason NASA is looking for evidence of water on Mars: water is necessary for life and more water is necessary for a healthier life! We recommend having at least 64 ounces a day; ideally you would have half your body weight in ounces per day (if your 200 lbs, drink 100 ounces). Often when we feel hungry we are actually thirsty.

Many functions of your body will be compromised without an adequate intake of water. For example, if your

kidneys don't have enough water to remove the toxins, the liver must help the kidneys instead of metabolizing fat. The intestines, also, cannot fully absorb nutrients if not properly hydrated.

Your body will reward you for getting in all that H₂O with better weight loss, appetite suppression, better muscle tone, increased energy, improved mental and physical performance, and stronger resistance to illness. Drink up!

Send an e-mail to ckelly@hackley-health.org to get your question answered by one of our experts.

If you would like to be taken off our mailing list, please call 800 521-9054. If you would like to receive this newsletter via e-mail, send an e-mail to orders@hackleyhealthmanagement.com