

Informational Session Schedule

Registration is required.
Dates subject to change.

Monday, December 14 at Noon
Monday, January 11 at 6:30 p.m.
Monday, January 18 at Noon
Monday, January 25 at Noon

Hackley Health Management HMR[®] Update

FALL 2009



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.

HOPE FOR THE HOLIDAYS (Hint: It's "In the Box!")

Staying on the diet can be especially challenging during this time of year. It's easy to see how "just one little bite" of a high-calorie treat can lead to another... and another... and another. And before you know it, you could be gaining weight.

The best way to avoid any weight gain this holiday season is to stay full on HMR meal replacements and fruits and vegetables (if they're on your diet plan) so that you can stay "In the Box." By doing this, you can:

- Protect the weight you have already lost
- Maintain weight-loss momentum
- Reach your goals faster
- Reduce the chance of eating weight gain foods

Don't let the holidays get in the way of your weight-loss progress. During this season, keep in mind all of your reasons for wanting to lose weight. Experiencing success on the diet and getting closer to your goals may be the best gift you can get this season.

P.S. If you're craving something sweet, whip up an ultra-rich HMR 70 Plus Chocolate Pudding, or a filling Black Forest Shake with an HMR Chocolate Shake and frozen cherries.



INTRODUCING...

Three New HMR Entrees!

This September, HMR rolled out three deliciously different HMR Entrees, giving you even more options for your weight management. Rich, flavorful, filling, and just 210–250 calories. Try them all to find some new favorites!



Beef Pot Roast with Vegetables and Gravy

Just like a “traditional Sunday dinner,” with tender cuts of beef with potatoes, carrots, and green beans in a robust gravy.

Calories: 210, Protein: 21g, Fat: 6g



Beef Stroganoff with Noodles

Strips of seasoned lean beef, egg noodles, and mushrooms in a flavorful cream sauce. *Calories: 250, Protein: 21g, Fat: 8g*



Pasta Fagioli (Vegetarian)

A traditional, hearty mix of penne pasta, beans, carrots, and tomatoes in a savory brown sauce.

Calories: 210, Protein: 14g, Fat: 8g

Of course, all of these entrees mix beautifully with any of your favorite vegetables, or with other HMR Entrees. With the addition of this tantalizing trio, there are now **14** delicious HMR Entrees to choose from. For more detailed nutrition information, or to give them a try, call or stop by today!



PUMPKIN PIE

- 16 ice cubes
- 8 oz. cold water
- 1 29 oz. can pumpkin
- 4 packets HMR 500 Vanilla Shake
- 1½ tsp. pumpkin pie spice (or 2 tsp. cinnamon, 1 tsp. ginger, ¼ tsp. clove)
- 1 pkg. sugar-free instant white chocolate pudding
- 1 tsp. vanilla
- 1 Tbl. baking Splenda (optional)
- ½ tsp. Salt
- 10 tsp. pure powdered egg white (no sugar)

Place ice cubes in food processor. Blend until ice is crushed. Turn off food processor; scrape down edges. Turn food processor back on. Add liquids, HMR Shake mix, pudding powder, pumpkin, spice, Splenda, and salt. Mix for 3–4 minutes. Add powdered egg white; mix for 30 seconds. Pour mixture into a deep dish pie plate or 9" x 13" baking pan that has been lightly coated with non-stick cooking spray. Bake in a conventional oven at 350 degrees for 45–50 minutes or until mixture is fully cooked. Serve topped with a tablespoon of Cool Whip Free. Makes 6–8 slices.

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 email, send an email to orders@hackleyhealthmanagement.com.

“ Impossible isn't a fact—
it's an opinion...
It's okay to believe that there is
no can't, won't or impossible ...
It's okay to believe.
Impossible is nothing. ”

– Laila Ali



Lose Weight Now, Save Money Now

Nobody wants to spend extra money right now. However, did you know that you could fill up on HMR diet foods each day for less than the cost of one restaurant meal? Since HMR foods are used in place of other (more expensive) meals and snacks you're buying, you'll end up spending less, while getting all the benefits of losing weight and getting healthier.

Plus, there's the potential medication cost savings you could get as a result of losing weight. One HMR study of 118 patients who lost over 100 pounds showed that all patients were able to reduce their medications. Another HMR patient in Kentucky figured he's saving over \$3,500 a year on prescriptions since losing 125 pounds with HMR. (That includes savings on insulin...since he no longer needs it!)

There are so many ways we can help you look and feel your best for the holiday season. Our doors are always open for you!

A Riddle to Ponder

SUMMER RIDDLE ANSWER

The leaves are on the fruit. The fruit is on the leaves. What is it? *Pineapple!*

FALL RIDDLE

You pick it, you peel the outside, you cook the inside, you eat the outside, and throw away the inside. What is it?

Solve the riddle for a chance to win a free box of shakes. Stop in, call, or email your answer to acritche@trinity-health.org. *Congratulations to our last winner, Michelle Twesten O'Toole!*





SHIRLEY'S CHOICE
+
HACKLEY HEALTH MANAGEMENT

= **One Amazing
Healthy Life**

In 2008, Shirley Lemon of Grand Haven made a decision—to find the weight-loss program that was right for her and get her healthy life back. Shirley found Hackley Health Management and, with her own resolve and our expert support, she lost over 100 pounds! Shirley says she chose the decision-free program because “I needed something with few choices. Choices, albeit poor ones, were the reason for my weight gain.”

With the help of our nutritious foods and personalized health and lifestyle education programs, Shirley is now living an amazing healthy life!

FIND US ON FACEBOOK

When you become a fan of *Mercy Healthy Life* on Facebook, you'll have access to tips, links and recipes. You'll also find health and fitness videos, upcoming events, and before-and-after photos of other successful fans. To become a fan, visit www.mercy-healthpartners.org and click on the Facebook link.

5969 Harvey Street • Suite B
Muskegon, MI 49444
231-798-2346 • 800-521-9054
www.hackleyhealthmanagement.com

HACKLEY HEALTH MANAGEMENT
MERCY HEALTH PARTNERS

