

Upcoming Informational Sessions

October 10, noon
October 19, 6:30 p.m.
October 24, noon

November 7, noon
November 14, noon
November 16, 6:30 p.m.
November 28, noon

Hackley Health Management HMR Update

Fall 2006



The holidays are coming, we can help!

Many people dread the holiday season with all its calorie-laden activities. If you're anxious about gaining weight this season... STOP WORRYING! We have lots of ways to get you through the holidays looking and feeling better than ever.

HMR at Home® – if you're simply too busy this season to come into the clinic for classes, here are the best options for you:

- **Attend classes by phone.** A 45-minute group class by phone is the next best thing to being here! These classes give you the chance to get extra accountability, hear strategies from other dieters, and make plans to better manage your weight.
- **Healthy Solutions Quick Start Diet Kit.** Super-convenient kits include weight-loss foods, daily support materials, and step-by-step instructions to help you lose a lot of weight in a short amount of time.



Ready for Another Challenge? Go for 8 out of 8 and WIN!

Join the 2006 Holiday Weight Loss and Maintenance Attendance Challenges and not only will you get accountability and personal support, we'll give you some great incentives! All participants who attend class and meet the minimum meal replacement prescription for 8 consecutive weeks (November 6 - December 29, 2006)

will be entered into a drawing for a fabulous HMR healthy prize pack as well as receive a FREE box of product of your choice! See your Health Educator for complete details. So this year, attending class through the holidays is a winning situation!

New HMR Research from more than 1,000 Patients Shows 100 Pound Weight Loss Possible Without Surgery

Many individuals with severe obesity (body mass index (BMI) of 40 or above, or those who need to lose approximately 100 pounds) are considered suitable candidates for bariatric surgery. Newly published research show that the HMR Program is a viable alternative. The research, appearing in the advanced online publication International Journal of Obesity July

2006 was led by James W. Anderson M.D., Professor of Medicine and Clinical Nutrition at the University of Kentucky, and Medical Director for the HMR Program at the University of Kentucky. Results for 1,100 people who attended the 12-week educational program ("Completers") showed an average weight loss of 77

pounds. Twenty-five percent of the group lost 100 pounds or more – for an average weight loss of 137.4 pounds. Even more encouraging, this group of dieters was able to keep off 90.4 pounds, two years later.

Fun in Paradise

Thank you to everyone who participated in our week-long, Hawaiian-style celebration. It was our way of congratulating all our patients for doing well with the program through all of the challenges summer can bring.

We hope you had fun!



Eating Your Winter Colors

We all know that we should eat a wide variety of fruits and vegetables of different colors every day. During the winter, however, the quality and price of fresh produce may limit your selection. The good news is, advances in food technology – such as flash freezing which traps nutrients immediately after harvest – have resulted in packaged fruits and vegetables that offer similar taste and health benefits to fresh produce. In fact, canned and frozen vegetables and fruits can be good (and even superior) sources of nutrients, compared to fresh.

According to the American Institute for Cancer Research, in some instances, frozen and canned produce actually deliver more of a particular nutrient. Fresh produce begin to lose nutrients after 3–4 days. Consider that frozen spinach typically contains 80% more beta-carotene, a cancer-fighting antioxidant, than fresh spinach, which can lose nutrients during shipping and display. Similarly, processed tomato products contain a higher level of the antioxidant lycopene than fresh tomatoes.

Bottom line: frozen, canned, or fresh... make sure you get at least five full-cup servings of vegetables and fruits (in as many colors as possible!) every day this season.



News from The Gap™

This regular feature of the newsletter highlights outrageous, real world calorie and physical activity examples. Although these may seem incredible, it just reinforces how difficult the task of weight management is, given the unsupportive culture in which we live. And remember... although The Gap makes weight and health management more challenging, the support of the HMR Program can help you to achieve your goals in the face of these obstacles.

Eating breakfast is a great way to start off the day. However, it could easily become a calorie disaster if it includes the Swanson® “Hungry-Man All-Day Breakfast.” This one pound+ meal has 1030 calories, 64 g of fat, and over 2000 mg of sodium. It includes 3 pancakes, scrambled eggs, 3 sausage links, 2 slices of bacon, and home fries. They call it a “real man meal.”

In our environment filled with options like the Hungry-Man meal, it is no wonder that 6 out of 10 people struggle with their weight. Our culture provides plenty of these fat-filled, high calorie choices. All the more reason to use HMR Shakes and Entrees as quick and convenient options for low-calorie, low-fat, and filling meals for breakfast, snack, lunch, dinner and/or dessert!



In-the-box Cheesecake

- 3 packets 70+ vanilla shake
- 1 packet 500 vanilla shake
- ½ tsp. almond extract
- ½ cup water
- ½ cup lemon juice
- ½ tsp. vanilla extract
- Splenda to taste

Preheat oven to 350°. Mix all ingredients in a blender until fluffy (3-5 minutes). Spray 8-inch pie plate with nonstick cooking spray. Evenly spread mixture into pie plate. Bake for 15 minutes. Let cool completely before serving.

HMR Maintenance Patients: Always Up for a Challenge!

Congratulations to all maintenance patients who rose to the recent national Triple Imperative Plus 20% Challenge sponsored by HMR. All patients (and staff!) who achieved Triple Imperative Plus 20% (minimum of 17 HMR meal replacements, 42 servings of vegetables and fruits, and 2,400 PA calories each week) for at least 2 out of 5 weeks won an HMR thermal mug. HHM had 36 out of 64 patients step up to the challenge. Other prizes were

also awarded. Our very own Diane Kalusniak won a membership to the fruit of the month club. HMR had record participation nationwide, with a total of 1,673 patients and 172 Program staff hitting the Triple at least 2 out of 5 weeks. And although the contest is over, the “challenge” of long-term weight maintenance is not! We are always here to support you in any way we can to make sure your healthy behaviors are firmly in place.

Visit the Community Board on our website:
www.hackleyhealthmanagement.com

If you would like to be taken off our mailing list, please call 800 521-9054.