

## Upcoming Informational Sessions

Registration required.  
Dates subject to change.

November 5, noon  
November 15, 6:30 p.m.  
November 19, noon  
November 26, noon

# Hackley Health Management HMR<sup>®</sup> Update

Fall 2007

## We've Moved!

to 5969 Harvey Street

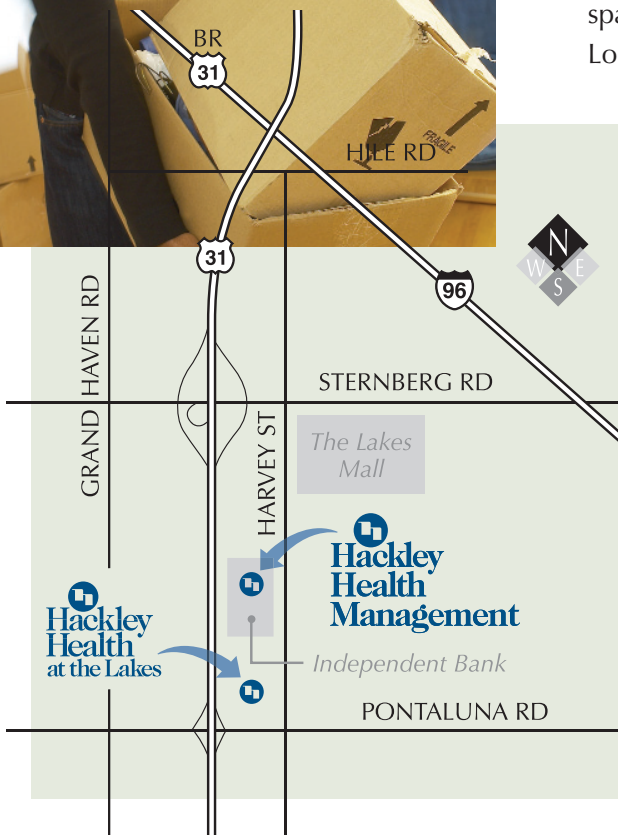
Thanks to you, our clinic has grown and we have moved. Our new location is more spacious, with larger classrooms to accommodate multiple classes at one time. We also now share space with Hackley Diabetes Education and Nutrition Therapy. Look for us in the same building as Independent Bank.

## Grand Opening Event

Join us as we celebrate our Grand Opening with an event sure to please. Tour our new facility and visit various stations for food tasting, free take-home samples, and educational information on lifestyle changes designed to help you with your weight-loss goals.

**WHEN:** Wednesday, December 5  
3:00 p.m. – 7:00 p.m.

**WHERE:** Our new location at  
5969 Harvey Street, Muskegon





**\$37**

## NEW! HMR Multigrain Hot Cereal

**NOW THERE'S A RICH AND EXTRA-FILLING  
WHOLE GRAIN OPTION FOR WEIGHT LOSS...**

A deliciously hearty blend of oats, wheat, and corn, plus tangy currants and cranberries, chewy bits of apple, and just a hint of cinnamon in each generous serving. Nutritionally complete with two servings of whole grains and 25% of the Daily Value for most vitamins and minerals. Unlike any other hot cereal available on the market today!

One box contains 18 convenient, single-serving packets with:

- 210 calories
- 2 servings of whole grains
- 250mg calcium
- 10g protein
- 25% of the Daily Value for vitamins and minerals



“If you don't take care of your body, where will you live?”

– Anonymous



## WARM APPLE PIE

- 1 packet HMR 70 Plus Vanilla Shake mix
- 3–4 oz. warm (not hot) water
- 1 apple, peeled and cored
- 1/4 tsp. cinnamon

Slice apple and microwave until apple slices are soft but not mushy, about 1–2 minutes. Stir 70 Plus in water to make an instant pudding. Top pudding with warm apples and cinnamon.

*210 calories (1 fruit serving)*

## PEPPERMINT MOCHA

- 1 HMR 120 Chocolate Shake mix
- 6–8 oz. brewed hot coffee
- 4 drops peppermint extract
- 1 packet non-caloric sweetener
- 1 Tbsp. non-fat whipped topping

Pour hot coffee into the blender. (Loosen blender lid to allow steam to escape.) Add shake mix, extract, and sweetener. Cover and blend on low speed for 5 seconds. Pour in mug and top with non-fat whipped topping.

*130 calories*

# PRE-HOLIDAY WEIGHT LOSS OPTIONS

*Have you been thinking about losing weight, but you're not sure WHEN to start? HMR has some great pre-holiday options to get you on your way... long before January 1st!*

## **8-Week Pre-holiday Maintenance Package**

Don't want to gain weight during the holidays? Brush up on your healthy weight management behaviors during the time of year you need it the most. Join us in Maintenance classes where you'll find the support, camaraderie, and accountability that can make the difference between weight management, and potential weight gain this season.

## **HMR at Home® Classes by phone**

Perfect for the busy holiday season! Get extra accountability and extra support with our 45-minute weekly classes by phone.



## *A Riddle to Ponder*

### **FALL RIDDLE**

What object has keys that open no locks, space but no room, and you can enter but not go in?

### **SUMMER RIDDLE ANSWER**

What is so fragile that when you say its name you break it? *Silence!*

Solve the riddle to be entered into a drawing for a free box of shakes! Stop in, call, or e-mail your answer to **[ckelly@hackley-health.org](mailto:ckelly@hackley-health.org)**.

*Congratulations to the winner of the last drawing – Carolyn Holmes!*



## **Healthy Solutions Quick Start™ Diet Kit**

If it's impossible to come in for classes right now, this is the option for you. Super-convenient kits include HMR weight-loss foods, daily support materials, tracking forms, and more.

## **HMR Meal Replacements**

All of our shakes, entrees, nutrition bars, and hot cereal are always available for quick and easy calorie savings.

# Patient to Patient

## *SUCCESSFUL PATIENTS SHARE THEIR TIPS ON SURVIVING THE HOLIDAY SEASON*

“For a cold winter day, I use HMR 500 Chicken Soup and HMR 120 Chocolate. I make hot cocoa with the HMR 120 Chocolate and it hits the spot!”

“Keep yourself full with ‘in the box’ foods. There will be challenges everywhere you go... candy in every store for example. If you’re full, you’re more likely to avoid eating ‘out of the box.’”

“I don’t let anything get in the way of my exercise routine during the holidays. If not for my routine, I wouldn’t find the time.”

“I hosted Christmas dinner last year for my Italian family. While they had their traditional ravioli, I had my HMR Cheese and Basil Ravioli Entree. No one knew I wasn’t eating what they were eating! I was able to stay ‘in the box’ on Christmas.”

“On Thanksgiving and Christmas, I always have a shake in the morning to help me stay full. It really helps start the day off low-calorie.”

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](mailto:orders@hackleyhealthmanagement.com)

