

Upcoming Free Informational Sessions

Registration is required. Dates subject to change.

September 11, noon	November 6, noon
September 17, 6:30 p.m.	November 12, 6:30 p.m.
October 9, noon	December 4, noon
October 22, 6:30 p.m.	December 10, 6:30 p.m.

Hackley Health Management

HMR® Update

Fall 2012

REFER A FRIEND

If you refer a friend who enrolls in an in-clinic program, you receive a gift certificate good for money off program fees and/or product!

Or, if you and a friend join together, you receive 20% off all program fees!

Wrap up to the 2012 Triple Imperative Challenge

This was the twelfth year that HMR has offered Phase 2 dieters (and staff!) the chance to take on a special six-week challenge to focus on the Triple Imperative®. This national challenge helped all of us push out of our “comfort zone” to reach our own personal Triple Imperative minimums.

A special congratulations to Hackley Health Management’s Jody, who won the Harry & David® Fruit-of-the-Month Club® prize; and Donna, the winner of an iPad®!

How did HMR dieters do across the country? Almost 2,000 people took on the challenge and made the Triple at least 3 out of 5 weeks. Collectively, we ate 202,335 servings of fruits and vegetables, did 11,562,000 calories in PA, and replaced 80,934 meals with HMR low-calorie foods. Whew! Of course, the real “challenge” is continuing to push on all those behaviors you know work for weight management, all year long. And, of course, we’re here to help you every step of the way!

Boot Camp was a success!

Hackley Health Management had 24 past patients and current Phase 2 patients join *Boot Camp*: 6 weeks on the Healthy Solutions® diet. Together, they lost 280 pounds! That’s an average of over 11 pounds a person. Way to go, troops!

Look for the next camp to start in early 2013.





BRING THE *(no-cal)* REFRESHMENT HOME

Summer's winding down, but it's still hot out there! There's nothing like good, old fashioned water to fill you up and help you stay hydrated during the warm weather months. Liven up your plain H₂O by making a pitcher of these flavorful and elegant waters. (Let the mixture steep for at least 30 minutes before serving.) Add any of the following to a tall pitcher of cold water:

- Sliced cucumber rounds (peel off strips of cucumber skin before slicing)
- Lime slices and sprigs of thoroughly washed fresh rosemary leaves
- Chunks of seedless watermelon and mint leaves



The State of Overweight

Over the past few months, it's been hard to avoid the news reports about the growing obesity epidemic. With a third of Americans currently obese, that number is expected to rise to 42% within the next 18 years. Tom Frieden, Director for the Centers for Disease Control, explains the reasons for the crisis in a recent interview excerpt on WebMD®:

“Today, if you go with the flow, you will end up overweight or obese. We eat about 250 calories more a day today than we did 20 years ago. That is a reflection of everything from the availability of food, and the decreasing cost of some very unhealthy foods, to the increasing portion size.”

He adds that, “We engineered most physical activity out of most of our lives. From car culture . . . to more screen time, not just TV but also computers and handheld devices. We have become more sedentary.”

“I don't think we can turn back the clock on changes in our society that reflect our increasing desire for convenience, whether in food or in transportation. Whatever caused us to become so obese, it is a serious problem. Obesity leads directly not only to diabetes, but to cancer, stroke, heart attack, and depression.”

Discouraging news, for sure. Yet participants in the HMR Program know it doesn't have to be this way. Learning and continuing to practice specific healthy lifestyle skills is the only way to combat the weight gain that may seem inevitable.

Our doors are always open if you or someone you know needs support to lose weight and learn those all-important lifestyle skills.

**Call for our next information session
and to reserve your seat today!**

CLINIC HOURS:
Monday–Thursday, 9 a.m.–5:30 p.m.
Friday, 9 a.m.–1 p.m.
Closed, noon–1 p.m.

If you would like to be taken off our mailing list, please call 800.521.9054. If you'd like to receive an e-mail newsletter, e-mail orders@hackleyhealthmanagement.com.

A pineapple a day can keep you doing PA.

If you ever find yourself sidelined by an injury, consider eating pineapple to speed the healing process. Along with R.I.C.E. (Rest, Ice, Compression, and Elevation), new research suggests that bromelain, the enzyme found in pineapple, may help injuries heal more smoothly.

Pineapple is a great add-in to many HMR foods:

- Add a cup of pineapple to the 70 Plus Vanilla pudding along with a splash of sugar-free coconut syrup.
- Try a pineapple/orange smoothie using 1 cup frozen pineapple, 1 HMR Vanilla Shake, and a 12 oz. diet orange soda instead of water.
- Pineapple with an entree? Sure! The Luau Ginger Chicken is a perennial HMR favorite. Or, if you're feeling adventurous, try a Pineapple Pistachio Dream Shake. Both recipes (and more!) can be found at www.hackleyhealthmanagement.hmrdiet.com. Or, keep it super simple, and grill skewers of pineapple for dessert.

New to Phase 2?

Check Out Three New HMR YouTube Videos for Extra Ideas

Transitioning from Phase 1 (weight loss) to Phase 2 (maintenance) can feel a bit overwhelming. Listen in and learn from other successful HMR dieters as they share their best tips for making a smooth transition and for managing portions and proteins in Phase 2. Go to Youtube.com/hmrdiet and choose from: "How to Make a Successful Transition," "How to Enjoy a Variety of Proteins," and "How to Manage Protein Portions."



RIDDLE ME THIS

Previous Riddle

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
Corn!

Fall Riddle

Is a taco salad a healthy choice?

Solve the riddle for a chance to win a free box of shakes. Stop in, call or e-mail your answer to kellyca@trinity-health.org.

Congratulations to Cheryl Wakerley for winning our last riddle challenge!



*Open to past patients of
Hackley Health Management!*

Emotional Eating Workshop: Listening to Your Body

Wednesday, September 12

5:30–6:30 p.m.

\$5 per person

When emotions rather than hunger determine your eating habits, it can quickly lead to overeating, weight gain and guilt. Learn how to overcome emotional eating; recognize the emotional problems, habits and triggers that cause you to overeat; and develop alternative coping strategies. Please call 231.672.4325 to reserve your spot!

“ Opportunity may knock only once, but temptation leans on the doorbell. ”

ANONYMOUS

When you become a fan of Hackley Health Management 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 hackleyhealthmanagement.com and click on the Facebook link.

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