

Informational Session Schedule

Registration is required.
Dates subject to change.

May 16 at 6:30 p.m. June 13 at 6:30 p.m.

May 23 at noon June 20 at noon

June 6 at noon June 27 at noon

Hackley Health Management HMR[®] Update

Spring 2011

Riddle Me This

WINTER RIDDLE

It's the only vegetable or fruit that is never sold frozen, canned, processed, cooked or in any other form but fresh. What is it?

Need answer

SPRING RIDDLE

What type of fruit always travels in twos?

Solve the riddle for a chance to win a free box of shakes. Stop in, call or e-mail your answer to kuharevl@trinity-health.org. Congratulations to our last winner!

Do you want to see something in particular in our next newsletter? Let us know! E-mail suggestions to krauslr@trinity-health.org.

Reduce your carbon footprint, help the local economy, and enjoy the best the season has to offer by buying local:

Grand Haven Pier Farmers' Market

Next to Chinook Pier on Harbor Drive and 1st Street
Open June–October
Wednesday & Saturday, 8 a.m.–2 p.m.

Holland Municipal Farmers' Market

End of 8th Avenue (East of Civic Center between Pine & Maple)
Open May 16–December 16
Wednesday & Saturday, 8 a.m.–5 p.m.
Every Saturday, demonstrations are given by master gardeners or local chefs

Muskegon Farmers' Market

700 Yuba Street
Open May–December
Tuesday, Thursday & Saturday,
6 a.m.–3 p.m.

Muskegon Heights Farmers' Market

2600 Baker Street
(Corner of Center and Baker Streets)
Open May–before Christmas
Wednesday, Friday & Saturday
7 a.m.–6 p.m.

Spring Lake Farmers' Market

Church Street, east of the library
Open June 20–mid-October
Thursday, 10 a.m.–3 p.m.

Sweetwater Local Foods Market

Mercy Health Partners, Lakes Campus
Harvey Street, Muskegon
(1/2 mile south of The Lakes Mall)
Open Spring–after Christmas *outdoors*:
Saturday, 9 a.m.–1 p.m.
Open January–Spring *inside lobby*:
Every other Saturday, 9 a.m.–1 p.m.

A few great finds in Michigan this time of year are: rhubarb, strawberries, asparagus, turnips, greens, eggplants, lettuces, onions, sugar peas, peppers, radishes, spinach, squash, and zucchini.



What's the Hoopla about Hooping?

Hula hooping has found its way back into the fitness world. Trendy gyms have incorporated hooping into Pilates and yoga classes, while hooping-specific classes are also blossoming around the country.

Hoopers are now using hoops that are 37 to 45 inches in diameter and weigh up to 4 pounds. These larger, heavier hoops rotate around the body more slowly, making it easier to hoop while potentially burning more calories and eliciting improved fitness benefits.

The American Council on Exercise (ACE) did a recent study of hooping and its potential cardio and calorie-burning benefits. The results determined that hooping burns an average of 7 calories per minute for a total of about 210 calories during a 30-minute hooping work-out. As for heart-rate data, the average heart rate was 151 beats per minute, which works out to approximately 84 percent of the age-predicted H_{rmax} for the average participant.

(Continues on reverse.)

(Continued from *What's the Hoopla about Hooping?*)

Hooping compares pretty favorably with most other group classes, in terms of heart rate and calorie burn. In fact, exercisers can expect similar results from hooping as they'd get from boot-camp classes, step aerobics and cardio kickboxing — all of which meet fitness industry criteria for improving cardiovascular fitness. Also, by burning approximately 210 calories per 30-minute session, hooping falls within accepted guidelines for exercise that can contribute to weight management.

The American Council on Exercise (ACE) suggests that given the variety of movements in hooping it should be considered a total-

body workout that has the potential to improve your flexibility and balance while strengthening and toning the muscles of the back, abdomen, arms and legs. The rhythmic nature of hooping can also be relaxing and almost meditative for some. But, the best news of all is that hooping allows you to have fun while giving you multiple health benefits!

For more information, call Hackley Health Management at 231-798-2346 and see how you can get your own personally designed hoop.



NEWS FROM THE GAP®

This feature of the newsletter highlights some of the outrageous calorie examples confronting us today. 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.

Cheesecake pancakes for breakfast? Apparently, plain pancakes are no longer enough. *New York Cheesecake Pancakes* from IHOP are “loaded” with real cheesecake pieces and covered with strawberries, powdered sugar, and whipped topping. Three of the pancakes have 850 calories, 34 grams of fat, and 1,830 grams of sodium.

If you're a pancake fan but want to better protect your weight and health, bite back with these HMR pancakes for far fewer calories!



“ The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition. ”

THOMAS EDISON

Exercise as a Brain Changer

The connection between exercise and weight management has always been obvious. What might not be as obvious is the extraordinary impact that exercise has on improving brain function and brain health.

More and more research now shows that exercise enhances brain development, improves mental health, reduces addictive behavior and helps maintain mental acuity as we age. (Wow!)

In fact, according to Dr. John Ratey, clinical associate professor of psychiatry at Harvard Medical School, “Exercise is the single most powerful tool you have to optimize brain function.” To learn more about the life altering, positive “side effects” of exercise, visit Dr. Ratey’s website at www.sparkinglife.org and then go lace up your sneakers!

SUPER SIMPLE HMR PANCAKES

- 1 packet HMR Multigrain Hot Cereal
- 1 packet HMR 70 Plus Vanilla
- ½ cup water
- Splash of Flavor Fountain Caramel Delight or Butter Pecan flavoring

Place dry ingredients in a blender and grind them into a powder. Mix with water and Flavor Fountain flavoring. Pour onto a hot griddle and cook on both sides. Enjoy with a teaspoon of sugar-free fruit spread or sugar-free maple syrup. **320 calories a batch.**



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