

Informational Session Schedule

*Registration is required.
Dates subject to change.*

January 24 at noon

February 7 at noon

February 14 at noon

February 21 at 6:30 p.m.

March 7 at noon

March 14 at 6:30 p.m.

March 21 at noon

Hackley Health Management HMR[®] Update

Winter 2011

TRYING TO MANAGE YOUR WEIGHT ON YOUR OWN?

*HMR at Home[®]'s "Phase 2"
is the answer!*

Continuing to balance higher calorie days with lower calorie days is the key to your long term success. Continuing to use HMR's filling, low-calorie foods as meal and snack replacements is the easiest way we know to keep those calories low. And joining Phase 2 is the easiest way to make that happen!

- *HMR foods shipped automatically once a month*
- *No minimum order*
- *Always free shipping*

Give us a call for more details!

Meet Debbie and Leah — the new additions to our team!



Debbie Garzelloni (photo, right) joined Mercy Health Partners Hackley Health Management as a Health Educator in November 2010. She has a Bachelor of Science degree from the University of Colorado. Debbie shares that she enjoys helping patients accomplish their goals to be healthy and fit. Staying active herself, she spends her off-time in, on or near Lake Michigan; she loves boating, walking the beach, swimming

and riding her bike along the shoreline. Debbie included that she also likes to work on projects around the house or in the yard, and that she tries to take fun vacations regularly. In her personal life, Debbie is passionate about her family and friends; she enjoys the time she spends with the people she cares about.

Leah Kuharevicz (photo, left) joined the staff at Hackley Health Management as Program Support Specialist in November 2010. When you walk through our doors, Leah is likely the first person you will see. She holds a Bachelor of Arts degree in Mass Communications and Political Science from Saint Mary's College in Notre Dame, Indiana. When not at work, Leah is committed to maintaining an active and healthy lifestyle. In her free time, she likes to go to movies, museums, travel to new places, and spend time with her family and friends.



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.

It's not always easy to find healthy breakfast choices in a fast food restaurant. For example, Hardee's® offers a "Loaded Breakfast Burrito" (760 calories, 49 g fat and 1700 mg of sodium), a "Monster Biscuit" (770 calories, 55 g fat, and 2310 mg sodium) and the "Loaded Biscuit n' Gravy" (1000 calories, 70 g fat and 2350 mg of sodium). When you see "Loaded" and "Monster" in the name of a menu item, you can bet that it's not supportive of a healthy breakfast. A lower calorie option? An HMR Shake or Multigrain Hot Cereal. You could even make it a double or a triple for far fewer calories, and far greater nutrition.

If you would like to be taken off our mailing list, please call 800-521-9054. If you'd like to receive an email newsletter, send an email to orders@hackleyhealthmanagement.com.

Fab Facebook Pages!

If you are looking for a place online to share thoughts and ask questions about weight loss, and where you will also come across advice, recipes and ideas from HMR experts, look no further. The Hackley Health Management and HMR Facebook pages (www.facebook.com/hmrhackley and www.facebook.com/HMRdiet) are great places to go if you're looking for support or to share your best HMR strategies.

Phase 1 (Decision-Free and Healthy Solutions®) and Phase 2 recipes are now located in the "Notes" tab on the page. So if you're looking to try something completely different, check them out! Here are two great ones we found:



CRISPY RISOTTO-POTATO BAKE

- One medium potato
- 1 HMR Mushroom Risotto Entree

Parboil the potato. Cut into small pieces. Combine with 1 HMR Mushroom Risotto. Spray a small baking dish with cooking spray and spread the entree/potato mixture in a thin layer. Bake at 375°F for 30 minutes or more, until very crispy around the edges. Serve with ketchup.

1 Serving, 340 Calories

THIN MINT COOKIE MOUSSE (PREPARED IN A FOOD PROCESSOR)

- 8 ice cubes
- 2 ounces cold water
- 1 HMR 70 Plus Vanilla
- 4 teaspoons sugar-free pistachio pudding powder
- ½ Chocolate BeneFit® Bar, cut into small pieces
- Splash of peppermint extract (Start with just a little bit. You can always add more.)



Crush ice cubes until they reach a snow-like consistency. Add remaining ingredients and continue blending for about 4 minutes.

1 Serving, 240 Calories

“ Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. ”

JOHN F. KENNEDY

Of course exercise is important, but how much is *enough*?

There's no such thing as a wasted workout. Any amount or type of exercise is a step forward. The question becomes is your level of exercise matching up with your goals? If your goal is simply **health improvement** and to help prevent chronic diseases, the U.S. Department of Health and Human Services recommends adults 18-64 exercise:

- **At moderate intensity** (i.e. brisk walking, water aerobics, or biking under 10 mph) at least 2½ hours per week
- **At high intensity** (like running, stair climbing, swimming laps, and biking over 10 mph) at least 1¼ hours per week

However, if your goal is weight loss or weight maintenance, you'll need longer bouts! The American College of Sports Medicine recommends up to an hour of physical activity (PA) a day. HMR's goal of 2000 PA calories per week is where to set your initial PA goal. But More is Better™ when it comes to PA and weight loss. Once you've made it to 2000, push for more to see what's possible. Try extending a bout of exercise by just 5 minutes, add a 10-minute short bout in your day, or try a new type of exercise to shake up your routine.



Riddle Me This

FALL RIDDLE

I can be red, or green, or yellow. I'll help you stay a healthy fellow. Inside I am white. I do not emit light. But if you look just right, I hold a star. Who am I?

An apple!

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?

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



“I have a complaint...”

“All my clothes are stretching out and hanging off me. I go to the store and buy smaller ones, and then, one week later, they are all stretched out again. I am going broke trying to keep up with the falling pant sizes. THANK YOU!!!” (Actual quote from the HMRdiet Facebook page www.facebook.com/hmrdiet)

At HMR[®], we love getting “complaints” like that—and they’re actually pretty common! If you want to start complaining, or if you’re just ready to jump start your resolution to be at your absolute best weight and health this year, then give us a call. From the highly structured Decision-Free[®] Diet, to the convenience of an HMR at Home[®] Diet Kit, HMR has you covered for all your weight and health management goals!

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.

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