

Upcoming Informational Sessions

*Dates subject
to change.*

May 9, noon

May 17, 6:30 p.m.

May 23, noon

May 30, noon

June 6, noon

June 13, noon

June 21, 6:30 p.m.

June 27, noon

Hackley Health Management HMR Update

Spring 2007



We've been awarded the Gold Standard Certificate of Achievement

Thanks to the hard work of all our patients and staff, we are pleased to announce that Hackley Health Management recently received the HMR® Gold Standard Certificate of Achievement. This award distinguishes Hackley Health Management from hundreds of clinics nationwide that are using the HMR® weight-loss program.

You may be wondering "What is a Gold Standard Award?" HMR® establishes a "Gold Standard" goal that top clinics achieve which demonstrates excellence in many different clinical areas. Our Health Educators submit data that is collected from our current patient clinical outcomes. We submit data on patient attendance, patient compliance, meal replacement compliance, among many other things. Hackley Health Management received 8 Gold Standard Awards this past year.

It's clear you are committed to better health management!



Ruby Tuesday's Angioplasta

"Fresh, pulled white meat chicken, fresh steamed broccoli and penne pasta, tossed in parmesan cream sauce. Topped with Wisconsin cheddar cheese, then baked," says **Ruby Tuesday's** menu. Some patrons may know that the cheese and cream in the **Fresh Chicken & Broccoli Pasta** add saturated fat, but how much harm could they do?

Enough to turn the dish into a 2,060-calorie megameal with 128 grams of fat. Since the fat is mostly dairy,

roughly 60 to 70 of those fat grams are probably the bad (saturated) kind. And that's without Ruby's garlic toast.

To hit 2,060 calories, you'd have to swallow two sirloin steak dinners – with Caesar salad and buttered baked potato. The difference: after their "wholesome" chicken and broccoli, diners may assume that they deserve dessert.



For Your Inspiration

“It's like a treat – not a treatment!”

– HMR® Decision-Free Patient

Peggy's Muffins

A great chicken-flavored muffin recipe!

- 6 packets HMR® Chicken Soup
- 2 teaspoons dried basil
- 1 teaspoon dried onion flakes
- 1 teaspoon garlic powder
- ¾ cup water

Preheat oven to 350°F. Spray a mini muffin pan with non-stick spray. Mix all ingredients together to form a thick batter. Add 1 tablespoon of batter per muffin. Bake for 12–15 minutes. Cool and enjoy. Makes a great companion to the HMR® Entrees.



Top Five for Fiber? You May be Surprised!

It's not as hard as you think to get your recommended daily intake of fiber. The goal is to eat at least 25g a day for women and 38g a day for men. Whole grain breads and cereals, as well as fruits and vegetables, are the best sources for fiber. Check out how much the following fruits and vegetables contribute toward your daily fiber requirement:

- **Raspberries** – 1 cup, 8g
- **Black Beans** – ½ cup, 10g
- **Blackberries** – 1 cup, 8g
- **Artichoke** – 1 cup, 7g
- **Pear** – 1 cup, 5g

To increase the fiber in your HMR® meals, try adding a cup of fresh or frozen berries to your shakes. Or try adding canned (or fresh) artichokes or beans mixed into an HMR® Chicken Pasta Parmesan Entree or the Lasagna with Meat Sauce Entree.

As always, eating a variety of colored fruits and vegetables every day is the best way to protect your health and manage your weight. And remember, MORE IS BETTER™!

A Riddle to Ponder

Spring Riddle

I know a word of letters three,
add two and fewer there will be.
What is the word?

Winter Riddle Answer

When I point up, it's bright, but
when I point down, it's dark.
What am I? *A lightswitch!*

Solve the riddle and be entered into a drawing for a free box of shakes! Stop in, call, or e-mail your answer to info@hackley-healthmanagement.com.

Congratulations to the latest winner of the drawing, Lois Wilterdink!

White Chocolate Strawberry Shake

- 1 serving HMR® Vanilla Shake mix
- 4-6 oz water
- 1 cup frozen strawberries (unsweetened)
- 1 tablespoon white chocolate sugar-free/fat-free pudding mix

Put water, shake mix and pudding mix in blender. Blend for 30 seconds. Add strawberries, blend for 1 minute.

Calories: Approximately 200
Fruit Servings: 1



HMR[®] Success Story: *Kris*

What did you like best about this program?

It's been one of the easiest programs I've tried. Simple choices make it easy to follow. There is no guesswork involved.

What would you tell others that may be considering a weight loss program?

Give Hackley Health Management a chance. There is nothing more gratifying than the way you feel when you see the scale and the weight keeps coming off.

How do you feel now?

Losing the weight has made a huge difference in my life. I feel so much better than I have in a very long time. I used to hide from the camera, now I can't wait to get my picture taken!

Call 231 830-9684 to schedule your FREE informational session.



Start Date:
11/29/05

Before Weight:
286 lbs.

Current Weight:
153 lbs.

Total Lost:
133 lbs.

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