

Informational Session Schedule

Registration is required.
Dates subject to change.

May 11, Noon June 8, Noon
May 21, 6:30 p.m. June 18, 6:30 p.m.
June 1, Noon June 22, Noon

Hackley Health Management HMR[®] Update

SPRING 2009

Back, from left to right: Deborah Peabody, Janinne Lechene, Carrie Kelly, Angela Critchett, Sue Hoge. Seated front, from left to right: Lisa Kraus, Susan Roberts, Becki Krueger



Hackley Health Management *Receives Top Honor*

Thanks to the hard work of all their patients and staff,

Mercy Health Partners Hackley Health Management is pleased to announce that they recently received 22 2008 HMR[®] Gold Standard Certificates of Achievement. These awards distinguish Hackley Health Management (HHM) from hundreds of clinics nationwide that are using the HMR[®] weight-loss program. The Gold Standard Certificates were recently presented to HHM by Lawrence Stifler, Ph.D., founder and president of HMR[®].

Hackley Health Management has served over 2,500 clients at its Muskegon location since 1990. Dieters enrolled in a weight-loss program at HHM lose an average of 35 to 60 pounds; some have lost 200 or more. For those of you

familiar with the staff of HHM, it is not difficult to see why they are considered one of HMR[®]'s premier clinics. Whether a health educator is communicating with a patient every day to help them stay on track or a program coordinator is encouraging them from the sidelines, patients know the staff cares by the simple fact that they go above and beyond to support patients' needs.

Gold Standard Certificates are given annually to the top few HMR[®] clinics that demonstrate excellence in performance and patient care. The criteria for the awards include such variables as attendance, patient compliance and weight maintenance success rates. Only the top programs are awarded the Gold Standard Award for Excellence. Congratulations to Hackley Health Management's staff and the patients who made this possible.

FREE INFORMATIONAL SESSION

You're invited to attend a FREE Informational Session. There is absolutely no obligation to join. Call 231-798-2346 today to find out how we can help you reach your weight loss goal.



No Gym? No problem!

The gym is a great place to get in your physical activity. But, if the cost of a gym membership is prohibitive right now, consider getting outside and taking advantage of the wonderful summer weather, or using your TV to create your own exercise studio at home, complete with expert instructors.

- Borrow exercise videos from your local library.
- To keep things interesting, trade DVDs with your friends.
- Rent the latest exercise DVDs from your local video store or online.
- Check with your cable provider for exercise videos available on-demand.
- Look at your cable listings for networks like FitTV. (You can even set your DVR/Tivo to record for you and work out when it's most convenient.)

Whether you want to try Pilates, dancing, or kickboxing, chances are it's recorded somewhere, and access is probably easier than you think.



MAPLE/BANANA BONANZA

If you like the taste of maple in your hot cereal, try this incredibly delicious recipe. It seems so simple... but it is so good!

- 1 packet HMR® Multigrain Hot Cereal
- 1 banana, cut into pieces
- Splash of sugar-free maple syrup (Look for syrup with 35 calories or less per 1/4 cup.)

Empty cereal packet into a bowl and add $\frac{3}{4}$ cup water. Stir in banana pieces. Cook for 90 seconds in microwave, allowing to sit for an extra minute after cooking. Remove from microwave and stir in syrup. *Calories: 310, Fruit servings: 1*

News from The Gap™

THIS FEATURE HIGHLIGHTS 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 ACHIEVE YOUR GOALS IN THE FACE OF THESE OBSTACLES.

When economic times get tough, people are drawn to fast food “value meals” like flies to honey. With meals starting at or under a dollar, it can feel like a real bargain. But, according to the Cancer Project, a nonprofit cancer prevention organization, the health trade-offs can be costly. They recently presented a list of some of the unhealthiest foods sold at the nation's largest fast food chains, awarding points for unhealthy characteristics like fat, sodium, and low-fiber content. Included on the list:

The Junior Bacon Cheeseburger at Jack-in-the-Box with 23 grams of fat, 55 milligrams of cholesterol, and 860 milligrams of sodium; Taco Bell's Cheesy Double Beef Burrito with 460 calories, 20 grams of fat, and a staggering 1620 milligrams of sodium; and Burger King's Breakfast Sausage Biscuit with 27 grams of fat and over 1000 milligrams of sodium.

The American Cancer Society recommends limiting high-fat foods, which are linked to a higher risk for certain cancers, and instead eating a diet low in saturated fat and high in vegetables and fruits.

A Healthy Lifestyle Pays Off

When you begin adding healthy behaviors to your life, you not only lose weight, you also gain amazing emotional and mental health benefits, including improved self-esteem and self-worth. In addition, you feel a tremendous sense of accomplishment and overall well-being as you start to see your clothes getting loose and your body getting stronger.

Besides getting emotionally and physically stronger, the USDA reports that your diet can also have a big impact on your finances. The report stated that the lifetime medical costs for those with obesity-related problems such as high blood pressure, high cholesterol, stroke, diabetes, and heart conditions are about \$10,000 *higher* than for those at a healthy weight.

The flipside? Eating a balanced diet and engaging in healthy lifestyle behaviors can reduce those costs considerably, while improving the overall quality of your life.

“If you want to get somewhere,
you have to know where you
want to go and how to get there.
Then never, never, never give up.”

– Norman Vincent Peale

Don't let the construction on Harvey Street keep you from staying on track with HHM. Follow this route and you can easily get to our office. Exit east on Sternberg Road from US 31. Take Harvey Street south past the mall. Turn right on Mt. Garfield, left on Crosswinds Drive, then left on Eastwind Drive, which will bring you right to our parking lot.



A Riddle to Ponder

WINTER RIDDLE ANSWER

A father's child, a mother's child, yet no one's son. Who am I? *A daughter!*

SPRING RIDDLE

What three names of fruits can you create out of this letter combination?
OLPREEAMANOCGNHE

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

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.

Before



October
2006



Today

My Journey to Health with Jim Oros

When Jim Oros first began with Mercy Health Partners Hackley Health Management in 2006, based on the referral of his doctor, he had tried many other weight loss programs. None had worked for him. He began the program in January 2006 at 411 pounds and ended the program October 2006 at 207 pounds, for a total weight loss of 204 pounds. Three years later, Jim has successfully kept 91% of the weight off with his current weight at about 228 pounds, through the maintenance program.

“The HMR® program at Hackley Health Management gave me my life back, and I would never have dreamed of losing

this weight, let alone keeping it off. I can do so many more things now, like riding my bike to the beach, taking the stairs without getting winded, and I can even buy my clothes off the rack now,” says Oros. “I will not end this program.”

Since completing the program, Jim continues to apply the principles he learned from Hackley Health Management. He maintains that this program is “easy, you are never hungry, and you’ll love seeing the weight come off!”

Congratulations, Jim, on your successful journey to a healthy life!