

**INFORMATIONAL
SESSION SCHEDULE**

REGISTRATION IS
REQUIRED. DATES ARE
SUBJECT TO CHANGE.

APRIL 7, NOON

APRIL 17, 6:30 P.M.

APRIL 21, NOON

APRIL 28, NOON

Hackley Health Management HMR Update

SPRING 2008

Exercise: Six Benefits of Regular Physical Activity

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of exercise—from preventing chronic health conditions to boosting confidence and self-esteem—are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out six specific ways exercise can improve your life.

- 1. Exercise improves your mood.** Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.
- 2. Exercise combats chronic diseases.** Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket.
- 3. Exercise helps you manage your weight.** Want to drop those excess pounds? Trade some couch time for walking or other physical activities.
- 4. Exercise strengthens your heart and lungs.** Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier.
- 5. Exercise promotes better sleep.** Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.
- 6. Exercise can be—gasp—fun!** Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Are you convinced? Good. Start reaping the benefits of physical activity today! Go get moving!



Hackley Health Management Achieves Nine Gold Standards

Hackley Health Management was recently designated as a recipient of nine of the HMR® Gold Standard awards and has received the HMR® Gold Standard Certificate of Achievement. This award distinguishes Hackley Health Management as a top nationwide program and has clearly demonstrated a superior level of patient support. Hackley Health Management was chosen from over a hundred clinics nationwide using the program for weight loss developed by Health Management Resources (HMR®), a national healthcare company.

Certificates are awarded in categories such as outstanding group attendance, greatest weight loss rates, and best weight maintenance data.

HMR® programs nationwide submit clinical data in these areas and the top programs are presented with the HMR® Gold Standard Certificate of Achievement.



“The road to success is always under construction.”

– Lily Tomlin



“PECTIN” FOR BETTER WEIGHT MANAGEMENT

The weight-loss benefits of eating fruits and vegetables have long been established. They help displace other higher calorie foods, and the high fiber content helps block absorption of fat. Now, a new study from the University of Buffalo finds that consuming more pectin—the connective fiber found in apples, oranges, plums, carrots, and other produce—may also be a key ingredient to successful weight loss. Researchers suspect that pectin may help absorb water in your gut, slowing down the absorption of fats and sugars while helping you to feel full. And feeling full is critical to successful long-term health and weight management. Yet another compelling reason to enjoy at least five or more servings, every day.

Stuffed Zucchini Boats

- 1 HMR® Mushroom Risotto Entrée
- 2 medium zucchini
- 1 cup fresh mushrooms, finely chopped
- 1/2 medium onion, chopped
- salt to taste



Cut zucchini in half lengthwise. Scoop out some of the center and chop finely. Add to mushrooms and onions. Spray pan with low-fat cooking spray and sauté mixture until vegetables are tender. Cook out extra liquid from the mixture. Add sautéed mixture to unheated entrée and stir. Fill zucchini halves with the entrée mixture and place on baking dish coated with cooking spray. Cover lightly with foil and bake at 350° for approximately 45 minutes.

Calories: 400 Vegetable Servings: 3-1/2

Mocha Mousse

- 8 ice cubes
- 4 oz. water
- 1 serving any HMR® Chocolate Shake
- 1 Tbsp. sugar-free chocolate pudding mix
- 1/2 tsp. granulated instant coffee



Place ice cubes in food processor. Blend until ice is crushed. Turn off the food processor. Scrape down ice. Turn food processor back on. Add water, shake mix, pudding powder, and coffee granules. Mix for 3–4 minutes (the longer you mix, the fluffier it will become). Serve in elegant glass bowl or tapered glass. *Calories: 130*

TAKE THE PLUNGE

Looking to add a new springtime exercise?

How about heading to a pool? Pool-based fitness is making a big splash with 7.6 million Americans who currently participate in water exercise. More people than ever are picking up water exercise because of the fitness and health benefits it offers. It's less stressful on the joints, increases flexibility, and builds muscle strength. Water exercise is great for those who may have limitations on land. For example, many who suffer with arthritic pain find that their pain lessens with non weight-bearing exercise such as swimming and water aerobics. Look for pool classes locally at community centers, YMCAs, and fitness clubs.

A Riddle to Ponder

WINTER RIDDLE ANSWER

What appears in water but never gets wet?
Your reflection!

SPRING RIDDLE

What gets whiter the dirtier that it gets?

Solve the riddle to enter a drawing for a free box of shakes. Stop in, call, or e-mail your answer to ckelly@hackley-health.org. *Congratulations to our latest winner — Lance Benedict!*



Weight Loss Programs may be Tax Deductible

You can include in medical expense amounts you pay to lose weight if it is a treatment for a specific disease diagnosed by a physician. This includes fees you pay for membership in a weight reduction group and attendance at periodic meetings. You cannot include membership dues in a gym, health club, or spa as medical expenses, but you can include separate fees charged there for weight loss activities.

You cannot include the cost of diet food or beverages in medical expenses because these items substitute for what is normally consumed to satisfy nutritional

needs. You can include the cost of special food in medical expenses only if:

1. The food does not satisfy normal nutritional needs,
2. The food alleviates or treats an illness, and
3. The need for the food is substantiated by a physician.

The amount you can include in medical expenses is limited to the amount by which the cost of the special food exceeds the cost of a normal diet.

Visit www.irs.gov for more information.

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