

Informational Session Schedule

Registration is required.
Dates subject to change.

Thursday, August 20 at 6:30 p.m.

Monday, August 31 at Noon

Hackley Health Management HMR[®] Update

SUMMER 2009



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.

Traveling this Summer? TAKE US WITH YOU!

HMR meal replacements are really the perfect summer companion. Because they don't need refrigeration, HMR Entrees and shake packets are easy to toss in

your suitcase or carry-on bag. Replacing even just one or two meals a day while on vacation can make the difference between weight gain and weight maintenance this summer. Stop by the clinic to stock up!

HMR at Home[®]—The Next Best Thing to Being Here (Free Shipping and 10% Off Make it Even Better!)

You know our doors are always open to help you work on your health behaviors. Whether in weight-loss classes or maintenance, our skilled health educators are here to give you the accountability and personal coaching you

need to reach your goals as quickly as possible. However, if your summer travel plans don't allow you to come into the clinic, let us come to you with convenient, automatic home delivery of HMR at Home Diet Kits with 10% off and free shipping on every order. *Plus, with the option of attending classes by phone this summer, you can add in that all-important coaching and extra accountability. So, don't put your dieting plans on hold. Call us today and we'll get you started right away.



Protect Your Brain with PA

It's no surprise that physical activity has many health benefits, but did you know that exercise can actually lower your risk for developing dementia? A study in the *Annals of Internal Medicine*, Jan 17, 2006, followed 1,740 seniors over a period of six years and discovered that those who exercised three or more times a week had a 30-40% lower risk for developing dementia than their counterparts who exercised less than three times per week. The bottom line is that simply walking, for example, 3 to 4 times per week for 30 minutes at a time, could have a significant impact on cognitive function in later years.

Consider These Ideas for Safe, Summer PA

- Exercise during the coolest part of the day—morning or evening.
- Do short bouts to keep from overheating.
- Stay hydrated by drinking at least 64 oz. of fluids per day.
- Exercise in the water; aqua aerobics, lap swimming, pool walking.
- Join a class at your local gym or community center for indoor, air-conditioned PA.



WHITE CHOCOLATE STRAWBERRY “ICE CREAM”

Preparing HMR Shakes in a food processor creates a fluffy, delicious dessert with the texture of a soft serve ice cream. In less than 3 minutes, you'll have a decadent summer dessert with less than 200 calories.

- 4 oz. cold water
- 1 serving HMR® 70 Plus Vanilla (or other HMR vanilla shake mix)
- 1 cup frozen strawberries, unsweetened
- 1 Tbsp. fat-free white chocolate powdered pudding mix
- ½ tsp. powdered pink lemonade mix

Place frozen berries in a food processor fitted with the metal blade. Process berries until finely ground. Add water, shake mix, and other flavorings. Process for 2 minutes or until it becomes a soft ice cream texture.

Calories: Approximately 200, 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.

Here's a Gap example that's a strike out! A Michigan minor league ball park is serving up an enormous burger which tips the scales at 4 pounds. The 4-pound, \$20 burger features five beef patties, five slices of cheese, nearly a cup of chili and toppings of salsa and corn chips, all on an 8-inch sesame-seed bun. Customers who purchase this 4,800 calorie “sandwich” are awarded a t-shirt if they can eat it in one sitting. This is just one example of how extreme eating is making its way into our culture, and of all places, into our sporting events.

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 email, send an email to orders@hackleyhealthmanagement.com.

“Accept challenges,
so that you may feel the
exhilaration of victory.”

– George S. Patton

Top Ten Tips for Summer Weight Management

Summer presents many unique opportunities (and unfortunately, if you're traveling, some obstacles!) for weight management. Don't let your weight and health take a vacation this summer with these helpful hints:

- Purchase a “mini blender” and take it with you when you travel.
- Make HMR® 70 Plus puddings in the car or hotel room.
- Have HMR® Entrees at room temperature over a green salad (try Turkey Chili and Five Bean Casserole).
- At a rest stop, stir HMR Vanilla Shake mix into a diet root beer or diet orange soda.
- Use HMR® 70 Plus pudding as a dip for seasonal fruits.
- Pack seasonal fruits and easy to grab veggies for road or plane trips.
- Bring a fruit or veggie platter to a barbecue.
- Enjoy the warmer weather by walking or biking to a location you would normally drive (coffee shop, bank, post office, etc.)
- Sample a new summer activity. Consider biking, volleyball, tennis, trail walking, swimming, etc.
- Keep records. It's the best way to stay accountable and committed to your goals.



A Riddle to Ponder

SPRING RIDDLE ANSWER

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

OLPREEAMANOCGNHE

ORANGE, LEMON, PEACH!

SUMMER RIDDLE

The leaves are on the fruit. The fruit is on the leaves. What is it?

Solve the riddle for a chance to win a free box of shakes. Stop in, call, or email your answer to acritche@trinity-health.org. Congratulations to Lina Stilwell for being our latest winner!



**HACKLEY HEALTH MANAGEMENT
+
LOIS' PROMISE TO LOSE WEIGHT**

**= One Sweet Tooth
Under Control**

Lois Wilterdink of Muskegon admits she was constantly battling her out-of-control sweet tooth. "I didn't realize how much I'd eaten until it was gone," says Lois. She found the help she needed to lose weight and get healthy at Hackley Health Management. "In 2006, I lost over seventy pounds with their nutritious foods and personalized health and lifestyle education programs, and I've kept it off ever since!" Thanks to Hackley Health Management, Lois got her sweet tooth under control and is living a healthy life—and so can you!



Before

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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