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Hackley Health Management HMR Update



Summer Vacation ... Planning is Key

Is it possible to enjoy a great vacation without gaining a lot of weight? Yes! It just takes a little planning ...

Plan ahead and take a cooler with healthy foods for a long car trip instead of stopping at fast food restaurants; *plan* to walk first thing in the morning before you get too busy; *plan* to push for extra physical activity on certain days of your trip; *plan* to set aside certain times for exercise every day; *plan* to have extra vegetable servings every time you eat out at a restaurant. Planning can turn a great vacation into a "maintenance" vacation!

Getting Started

Do you want to find out more about joining one of our many programs? The best place to start is at one of our free, no-obligation informational sessions. Call to register for one of the following:

- July 11th, noon
- July 20th, 6:30pm
- August 8th, noon
- August 17th, 6:30pm
- August 29th, noon
- September 12th, noon
- September 21st, 6:30pm

Have you already been to a recent orientation and are ready to start losing weight? We have new classes beginning.

Healthy Solutions:

- July 10th, 5:15pm
- July 11th, 11:30am
- August 7th, 5:15pm
- August 8th, 11:30am

Very Low Calorie Diet:

- July 6th, 5:15pm
- July 10th, 11:30am
- July 11th, 3:30pm
- August 1st, 5:15pm

Be an Inspiration to Others

Share Your Success with the National Weight Control Registry

Given the prevailing belief that few people succeed at long-term weight maintenance, the *National Weight Control Registry* (NWCR) was developed to identify the characteristics of dieters who have successfully managed their weight over the long term. The Registry is always looking for participants to show the world that successful weight management is possible!

The NWCR is currently tracking over 5,000 people who have lost at least 30 pounds, and kept it off for at least one year. Research findings have been featured in many national newspapers, magazines, and TV broadcasts, including *USA Today*, *Oprah Magazine*, *The Washington Post*, and *Good Morning America*.

It's easy (and free) to become a member. If you've lost at least 30 lbs, and have maintained that loss for at least a year, we encourage you to register. You can visit their website at www.nwcr.ws or call 800 606-6927.

Hackley Hospital's New Life Bariatric Center

The New Life Bariatric Center combines state-of-the-art surgical techniques and a holistic approach to caring for the whole person. Join us for a FREE informational session! These sessions are held weekly and allow you to learn about the program and all of its components.

The New Life Bariatric Center is committed to having the most educated and knowledgeable group of patients. We will provide you with the education and support that you need as you work through this life-changing decision.

Our team includes two surgeons, an internist, a registered nurse, a registered dietitian, and an office coordinator.

- Dick L. Kamps, M.D., Surgeon, and Gregory Allen Meyers, M.D., Surgeon
- Marjorie Mooney, M.D., Internist
- Melissa Jacobs, B.S.N., R.N.F.A., Bariatric Program Manager
- Kara L. Boley, M.A., R.D., Registered Dietitian
- Cheryl Horan, Office Coordinator

Call us today and get on the way to your New Life! 231 798-1662 or 866 235-3399



New Self-Directed Diet Kits are Here!

Have you heard about our new HMR Healthy Solutions and Healthy Shakes Diet Kits? It's a perfect option for those who want to lose weight on their own or those who are not enrolled in an HMR clinic program.

The Healthy Solutions Quick Start

Kit is a 3-week kit with a structured diet plan to use on your own.

It includes enough HMR Shakes and Entrees for 3 weeks of dieting. You just add (unlimited) fruits and vegetables. The HMR Healthy Shakes kit is a 2-week kit with enough HMR Shakes to have 3 to 4 shakes per day. You just add in a healthy meal of your choice, along with unlimited fruits and vegetables. Both kits come with an invaluable support guide, record keeping forms, and other helpful materials.

Plus, you can now add HMR weekly Healthy Solutions or Maintenance classes by phone! It's the next best thing to coming to the clinic. Phone classes give you the extra accountability and coaching to lose the weight you want.



News from The Gap™

This regular feature of the newsletter highlights outrageous, real world calorie and physical activity examples. Although these may seem incredible, it just reinforces how difficult the task of weight management is, given the unsupportive culture in which we live. And remember ... 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.

Summer is here with its sunny days, outdoor concerts, amusement park rides, and carnival food. You have probably suspected for some time that carnival food is not the best choice but do you know how bad it is?

- Deep-Fried Twinkie: 425 calories
- Funnel Cake (8.3 oz.): 760 calories
- Lemonade (20 oz.): 233 calories
- Cheese Fries (13 oz.): 745 calories
- Corndog (6 oz.): 375 calories
- Soft Pretzel (4.5 oz.): 340 calories

Before going to an event with carnival food, plan your meals and bring an HMR Benefit Bar for a snack!



Hands Off for Optimum Treadmill Effectiveness

“Letting go” now has a new meaning. According to an article in the American Institute for Cancer Research newsletter, hands-free is the way to go when walking on the treadmill. There are a number of benefits to letting go; for one thing, you burn 20% more calories because you are using all of your weight on the track. That means a person who burns 80 calories per mile holding on to the treadmill will burn 100 calories per

mile without holding on. Also, going hands-free will improve posture, balance, coordination, and could possibly help avoid painful problems such as wrenching muscles and joints or over stretching back muscles. (And remember, for optimum calorie-burn, increase the incline ... you'll burn 10% more calories for every percent incline.)

Fudgies

- 1 package chocolate HMR 70
- 1/2 package Jell-O sugar-free chocolate fudge
- 1 cup ice
- Enough ice and water to make 1 1/4 cups

Crush ice and water in blender. Add chocolate HMR 70 and pudding. Blend well. (You may need to add more water to help blend.) Pour into freezer ice cream cups and insert sticks. Insert knife into cup to remove any air bubbles and aid in filling. Freeze. When ready to eat, run under hot water for a few seconds to remove. Remove and place in plastic baggies for quick freezer snacks.

Visit our Community Board on our website:
www.hackleyhealthmanagement.com

If you would like to be taken off our mailing list, please call 800 521-9054.