

**INFORMATIONAL
SESSION SCHEDULE**

REGISTRATION IS
REQUIRED. DATES ARE
SUBJECT TO CHANGE.

JULY 7, NOON

JULY 14, NOON

JULY 24, 6:30 P.M.

JULY 28, NOON

Hackley Health Management HMR[®] Update

SUMMER 2008



This Summer, We're Here *When You're Ready*

Summer Schedule

Yes... we're open ALL SUMMER LONG to support you in your ongoing weight management. Whether you want to stop by to purchase some meal replacements, or come back to the HMR Program more "formally", we'd love to see you!

For many people, summer is the perfect time to lose weight, especially with a diet where the foods take just a few minutes to prepare and you don't have to spend a lot of time thinking about which foods to eat, or how much you should be eating. Let us help take the work out of weight loss this summer!

- **Save 20% with the Summer Slim Down** – Join a Hackley Health Management weight loss class with a friend, family member or coworker this summer and receive 10 weeks of classes for only \$160. That's a 20% savings! During your 10 weeks, you will also receive 10% off all your product purchases. Just sign up any time during July or August to receive these great offers.

- **Maintenance** – A great place for group support to get healthy behaviors back into your routine.
- **Quick Start™ Diet Kits** – Everything you need for at-home dieting with HMR foods and materials.
- **HMR Phone Program** – Add our 45-minute classes by phone and enjoy the benefits of accountability, plus the support of your health educator and others on a weekly group call.
- **HMR Meal Replacements** – The fastest and easiest way to cut a lot of calories and still feel full.

Record Your Success with the National Weight Control Registry

If you're keeping off 30 pounds or more for at least a year, here's your chance to inspire others. The National Weight Control Registry (NWCR) is the largest ongoing research study investigating successful weight-loss strategies. The Registry is currently tracking over 5,000 people who have lost significant amounts of weight and kept it off for a long period of time. With so many unsuccessful diet fads out there, having many successful HMR patients included in the Registry can help people know exactly what it takes to lose weight and keep it off. Participation is completely voluntary. Please visit their website at www.nwcr.ws for more details.



“You fed it,
you move it.”

– Richard Simmons

Keep Your Oven Off With Cool Summer Entrées

On a hot summer day, the last thing you want to do is heat up your kitchen and slave over a hot stove. Did you know that many people enjoy HMR Entrées cold? (Talk about convenience!) Some of the best entrées enjoyed cold include: *Chicken with Barbecue Sauce*, *Chicken Creole*, *Lasagna with Meat Sauce*, and *Five Bean Casserole* (For a tangy cold salad, add garlic powder, sliced tomato or avocado, and a splash of rice vinegar to the Five-Bean Entrée. *Delicious!*) Or, try this other recipe that takes just minutes to prepare >

Mandarin Spinach Salad with Chicken

- 1 HMR Savory Chicken Entrée
- 3 cups baby spinach
- 1/4 cup canned, sliced water chestnuts
- 1/2 cup canned Mandarin oranges, drained
- 2 tsp thinly sliced red onions
- 1/2 cup canned garbanzo beans
- 2 tsp low-cal vinaigrette salad dressing

Heat the entrée for 30 seconds. Cut the chicken into diagonal strips. Add canned vegetables. Toss gently. Add spinach. Toss again. Drizzle with salad dressing. Calories: 370 Vegetable/Fruit Servings: 3



BE PICNIC READY

Bring this fantastic dip to your next picnic. Serve with baby carrots, celery, sliced bell peppers and/or zucchini. Double or triple the recipe and keep in the refrigerator.

Mexican Bean Dip

- 1 HMR Five-Bean Casserole Entrée
- 1/2 cup fresh salsa
- 1/4 cup fresh cilantro
- 2 tbsp. non-fat sour cream

Put all of the ingredients in a food processor (or mash with a fork), blend until smooth. Calories: 250 Vegetable/Fruit Servings: 1-1/2

SUMMER PLANS KEEPING YOU FROM THE CLINIC?

READY TO LOSE WEIGHT THIS SUMMER, BUT
CAN'T GET TO THE CLINIC? LET THE CLINIC
COME TO YOU WITH A QUICK START™ DIET KIT

We all know that coming into the clinic is your best chance to lose a significant amount of weight. But if your summer travel plans make that impossible, we encourage you to try a Healthy Solutions Quick Start Diet Kit.

The Kits are conveniently packaged with several weeks' worth of HMR weight-loss foods, detailed "how to's," support materials, progress charts, and more.

Plus, you can save money by joining the HMR Kit Club. The Kit Club includes automatic delivery of all your weight-loss foods, plus free shipping and 10% off all subsequent orders! Call today for all the details.



Hackley Health Management Winner of Nine HMR Gold Standard Awards

We have recently been awarded the HMR Gold Standard Certificate of Achievement. This award is presented to selected HMR weight loss programs that demonstrate excellence in performance and patient care.

A Riddle to Ponder

SPRING RIDDLE ANSWER

What gets whiter the dirtier that it gets?
A chalkboard!

SUMMER RIDDLE

Almost everyone sees me without noticing me, for what is beyond is what he or she seeks. What am I?

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

Becki Krueger with
Larry Stifler, President of HMR



ASK THE EXPERT

with Becki Krueger, Health Educator

Dear Becki,

I am following the diet to the letter and drinking all of my water. When I weighed myself on Sunday, I had lost four pounds. My concern is that when I weighed myself Monday, Tuesday and today, I gained two-tenths of a pound each day. Is this normal?

Distressed Dieter

Dear Distressed Dieter,

The scale is the giver and the taker of all things! Weigh only once a week, and remember, the purpose of weighing is to judge your progress and evaluate your plan. At the end of each week, if you see a loss, keep doing what you were doing. If there's a gain, you need to make changes. If you've stayed the same, you should keep doing what you're doing for another week and then evaluate.

But for sure, as far as day-to-day goes — GET OFF THE SCALE! Your body fluctuates far too much from day-to-day to get an accurate read of how your weight loss plan is going. Have faith — this will work!

Send an e-mail to ckelly@hackley-health.org to get your question answered by one of our experts.

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