

## Upcoming Informational Sessions

Dates subject to change.

January 9, noon	February 8, 6:30 p.m.
January 18, 6:30 p.m.	February 13, noon
January 23, noon	February 20, noon
January 30, noon	February 27, noon

# Hackley Health Management HMR Update

Winter 2007



## Get your January weight loss resolution off to a quick start!

For many people, losing weight is at the top of any New Year's resolution list. You can turn to us any time of the year for the structure, personal support, accountability and results that we can help you achieve. If you're ready to work on your weight this year, give us a call. We have many options to accommodate your busy schedule and your dieting needs including:

- **In-Clinic Weight Loss Programs** – two options available: Decision-Free Diet™ or Healthy Solutions®
- **Maintenance** – receive support and learn additional strategies for maintaining a healthy weight
- **HMR at Home®** – 45-minute weekly group classes by phone
- **HMR Quick Start™ Diet Kits** – everything you need for at-home dieting

## Everybody Needs a Makeover

**Did you notice that our newsletter has a new look?** Our very talented Graphic Designer, Mari Davis, has given our newsletter a makeover. Her innovative flair creates a more dynamic, lively, and engaging approach. This newsletter is a quarterly publication that can be

mailed OR e-mailed to you. Share your thoughts with us; e-mail any suggestions or comments to [mdavis@hackley-health.org](mailto:mdavis@hackley-health.org). Our goal is to provide you with helpful articles to encourage and help you stay on track to reach your HMR® weight loss goals.

## Are You Tired of Snail Mail?

**We are too!** We know, you're sitting there tapping your fingers on the table just waiting for your newsletter from Hackley Health Management. It's true, the anticipation of receiving such a great publication is hard to handle.

We think the answer is simple. Send in your e-mail address to **orders@hackleyhealthmanagement.com**, and we'll make sure you receive our most current information. Do this and you will receive a monthly coupon that can be used on all

website product orders the first of every month. You will also receive a recipe every month. Take advantage of this free new service that we are providing. We are thrilled to offer this and look forward to getting your emails.



## For Your Inspiration

“You’ve got to say, I think that if I keep working at this and want it badly enough I can have it. It’s perseverance.”

– Lee Iacocca

## HMR® Sweet Cocoa Cream

Coffee house flavor without the calories!

- 6 oz. hot coffee
- 1 serving HMR® Vanilla Shake
- 1 teaspoon unsweetened cocoa powder
- ½ packet noncaloric sweetener
- Dash cinnamon (optional)

Pour coffee into blender. (Depending on the type of blender, you may need to loosen the lid to let the steam escape.) Add shake mix and flavorings. Cover. Blend on low speed for 5 seconds.

*Calories: Approximately 100*

## What Our Patients are Saying

“It is one of the easiest programs I’ve tried. There is no guesswork involved. There are only a few simple choices, which makes it easy to follow. Seeing the weight consistently come off was the best thing about this whole experience.”

– Kris Rieger  
*Lost 130 pounds; joined Decision-Free  
November 2005 and Maintenance August 2006*

“You and I have succeeded together, to improve my quality of life, and in extending the length of time I may have on the planet.”

– Dick Ballard  
*Keeping off 79 pounds; joined Decision-Free  
September 2004 and Maintenance May 2005*

# Ingredient Substitutes

By using the following substitutions you can significantly decrease the fat and calories from your favorite recipes.

Instead of...	Try this...
Heavy cream	Evaporated skim milk
1 egg	2 egg whites
Tuna packed in oil	Tuna packed in water
Pastry crust	Graham cracker crust
Butter	Margarine or lite spread
Ground beef	Ground chicken, white meat
Sour cream	Non-fat plain yogurt
Sugar	Splenda or Equal
Whole milk	Skim milk
1 oz. baking chocolate	3 Tbsp. unsweetened baking cocoa and 1 Tbsp. oil

## A Riddle to Ponder

### December Riddle

When I point up, it's bright, but when I point down, it's dark. What am I? (Look for the answer in the next newsletter.)

Solve the riddle and be entered into a drawing for a free box of shakes! Stop in, call, or e-mail your answer to [info@hackleyhealthmanagement.com](mailto:info@hackleyhealthmanagement.com).

## Quick, Rich, and Hearty Squash Stew

Nothing beats the cold of winter like a hot and hearty HMR® meal! Try this colorful, healthy meal, and get plenty of servings in while you're at it!

- 1 HMR® Five-Bean Casserole Entree
- ½ acorn squash (or 1½ cups other winter squash, i.e. butternut)
- 1 small fresh tomato, diced
- ½ diced fresh avocado
- Dollop of low-fat sour cream

To cook acorn squash in the microwave, poke several holes in the skin. Place on microwave-safe plate. Cook for 9 minutes. When cooled, remove seeds. Scrape squash from the skin and set aside. Heat entree. Pour entree over squash. Top with avocado and tomato. Mix in sour cream. Add salt and pepper to taste.

Calories: 520, Vegetable servings: 3½



# HMR<sup>®</sup> Success Story



The day I turned 39, it was as if out of nowhere, I was awakened. It hit me that the next year I would be 40 and that I had ballooned over the past 10 years. I realized that I had to do something.

**I have now lost 151 pounds with the help of Hackley Health Management's HMR program.** HMR is not about a diet, but rather a way of eating for life, and that is what I was looking for when I decided to lose weight.

I am thankful for Hackley Health Management and all of their help, support, leadership and guidance. HMR has given me a new life – a new me – and they can help you too. *Call 231.830.9684 today to schedule your FREE informational session.*

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](mailto:orders@hackleyhealthmanagement.com)