

## INFORMATIONAL SESSION SCHEDULE

REGISTRATION IS  
REQUIRED. DATES ARE  
SUBJECT TO CHANGE.

JANUARY 8, 6:30 P.M. FEBRUARY 9, NOON

JANUARY 12, NOON FEBRUARY 19, 6:30 P.M.

JANUARY 26, NOON FEBRUARY 23, NOON

# Hackley Health Management HMR<sup>®</sup> Update

WINTER 2009



## Resolutions 2009: Weigh Less, Spend Less

### 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.

These days, it's easy to feel anxious and out of control around what's going on in the economy. But that doesn't mean you have to feel out of control with your weight and your health.

If you're concerned about your weight, losing even a few pounds can make a big difference. It could enhance your sense of well-being, increase your confidence, increase your energy level, and improve your overall quality of life—all outcomes which can help you better handle these uncertain times. Plus, dieting with HMR right now could actually save you money. Many HMR dieters across the country report that their "typical" weekly food expenses decrease while dieting on the program.

We now have a wide variety of diet options to suit every budget. So whether you want to lose just a few pounds to better protect your health, or lose a significant amount of weight to reduce your health risks and medical expenses, we have an appropriate, healthy way to help you start feeling more in control. Ask us about:

- **Weight Loss:** Choose from medically supervised weight loss or Healthy Solutions.
- **Maintenance:** The ideal environment to practice healthier behaviors, and even lose more weight.
- **HMR at Home<sup>®</sup> Diet Kits:** Perfect if you can't get to the clinic right now.
- **HMR Meal Replacements:** Always the fastest way to cut the most amount of calories.

# Spuds Are No Duds!

Potatoes are the most commonly eaten vegetable in the U.S. Unfortunately, they are the most often deep-fried and over-processed. Even in its purest form, the potato sometimes gets a bad rap. But the truth is, potatoes are highly nutritious and are a very good source of potassium and vitamin C, as well as fiber, magnesium, copper, manganese, niacin, vitamin B6, and folate.

The other good news is that a medium potato has only 163 calories and zero fat. Its cousin, the sweet potato, is even MORE nutritious. So there's no need to shy away from potatoes if they are baked, roasted, or boiled. Try this veggie with an HMR Turkey Chili, Vegetable Stew with Beef, or Five-Bean Casserole Entree for a fast and filling meal.



## RICH AND SPICY POTATO STEW

- 1 HMR Five-Bean Casserole Entree
- 1/2 cup corn
- 3 tablespoons fat-free sour cream
- 6 oz. red or white-skinned potato
- 1/2 tablespoon chili powder
- dash of cayenne pepper, salt, pepper, and garlic powder

Place potato in microwave-safe bowl and heat for about 5 minutes (or until soft). In separate bowl, mix the entree, corn, chili powder, and seasonings. Heat thoroughly. Combine entree mixture with potato. Stir in the sour cream. *Calories: 420*  
*Vegetable Servings: 2-1/2*

“ It's not so much what's on the table that matters, as what's on the chairs. ”

– William S. Gilbert

## News from *The Gap*™

**THIS FEATURE HIGHLIGHTS SOME OF THE 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.**

Having “dinner” for “breakfast” seems to be a growing trend! Following the success of its recent fried chicken biscuit promotion, Hardees® has introduced a new breakfast item: *The Pork Chop and Gravy Biscuit*. For \$2.99, this will start your day with 680 calories and 42

grams of fat. McDonalds® has also jumped on the biscuit bandwagon by creating the *Southern Style Chicken Biscuit*, with 470 calories and 24 grams of fat.

It's clear that there is no time of day that is safe from the effects of The Gap! In the same amount of time it would take to get to a fast food restaurant and order one of these breakfasts, you could whip up an HMR Shake, add a piece of fruit, and start your day with a filling breakfast that is just a few hundred calories, and provides *much* better nutrition.

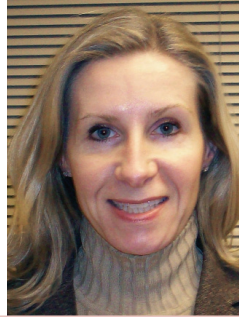
# WELCOME, NEW STAFF!

This new year brings with it three new faces to the Hackley Health Management staff. In September, Janinne Lechene, RN, joined our staff as the new HMR Program Nurse. Janinne has a nursing degree from Mercy Hospital School of Nursing in Pennsylvania, as well as a bachelor's degree in education from St. Joseph's College in Maine.

In October, we had two additional faces join our medical team, Antoinette Hildwein, DO, and Deb Skinner, NP. Dr. Hildwein has a bachelor's degree from Smith College in Northampton, Massachusetts. She also attended medical school at Chicago College of Osteopathic Medicine.

Deb Skinner has a Bachelor of Science in Nursing degree from Ferris State University and she completed her graduate work with a specialty in family practice from Michigan State University. Deb worked for Hackley Health Management for a few years in the late 90s and was happy to come back to Hackley Health Management.

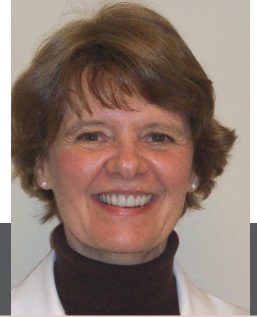
ANTOINETTE HILDWEIN, DO,  
PHYSICIAN



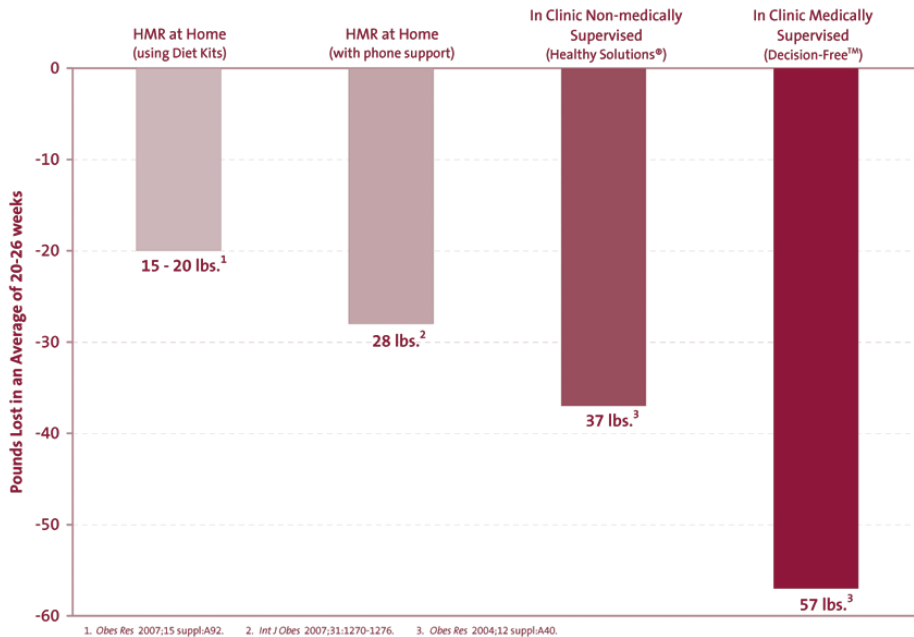
DEB SKINNER, NP,  
NURSE PRACTITIONER



JANNINE LECHENE, RN,  
PROGRAM NURSE



## No Fads, No Gimmicks, Just Results – HMR Documented Outcomes



## A Riddle to Ponder

### FALL RIDDLE ANSWER

What vehicle is spelled the same backwards and forwards? *Racecar!*

### WINTER RIDDLE

A father's child, a mother's child, yet no one's son. Who 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](mailto:ckelly@hackley-health.org). Congratulations to Don Vanderkooi for being our latest winner!



# ASK THE EXPERT

with Susan Hage, Health Educator

## Why is More Better?

Typically, our patients come to us to lose weight and improve their health risk factors. The best way to be successful in this quest is to practice *More Is Better*. This means eating more than your minimum prescription of HMR products, fruits, vegetables, and water. Practicing *More Is Better* keeps us full and satisfied which keeps us on track for success. It takes the place of willpower and does a better job of keeping us “In the Box” and committed to the HMR program.

*More Is Better* results in eating low calorie meals more often. Every 2-3 hours is best. Our bodies respond positively to this type of eating schedule. As a result, our metabolism is raised and we burn calories at a higher level. In addition, our body knows it is going to receive fuel regularly, so it is more likely to relinquish stored body fat. And, loss of stored body fat is just what we’re looking for! It doesn’t get any better than that!

*Send an e-mail to [ckelly@hackley-health.org](mailto: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](mailto:orders@hackleyhealthmanagement.com)