

**INFORMATIONAL
SESSION SCHEDULE**

REGISTRATION IS
REQUIRED. DATES ARE
SUBJECT TO CHANGE.

FEBRUARY 7, 6:30 P.M.

FEBRUARY 11, NOON

FEBRUARY 18, NOON

FEBRUARY 26, NOON

Hackley Health Management HMR Update

WINTER 2008

Join us in welcoming our two new employees

Welcome, Angela Critchett, Program Support Specialist!

Angela not only works at Hackley Health Management, she is also a HHM patient. She has been following the Decision Free Weight Loss Program for the last 14 weeks and has lost a total of 26 pounds. Good job, Angela! You will see Angela when you come in to purchase HMR products or attend class. She works Monday–Friday, helping out with questions, assisting with purchases, and performing some clerical duties.

Angela holds a Bachelor Degree from Aquinas College. One of her goals is to write a novel that makes the *New York Times* Bestsellers List. In her spare time, she enjoys reading, shopping, and spending time with her niece and nephew.



Welcome, Marylee Wedlaw, Health Educator!

Marylee has successfully maintained a weight loss of over 60 pounds and she is committed to keep losing. In fact, Marylee is walking in her patients' shoes and following every part of the HMR program along with them. She plans on celebrating with them as they all lose weight and meet their goals.

Marylee is full of energy and it's no surprise that she has been married for 12 years, with six children and two grandchildren. She holds an Associate Degree and is currently working on her Bachelor Degree.

Marylee enjoys meeting new people. Stop in and introduce yourself, she would love to meet you! Marylee works every Monday and Wednesday.



HMR Hearty Winter Dinner (and dessert too!)



BLUE RIBBON CHILI

- 2 HMR Turkey Chili entrées
- 1 HMR Five Bean Casserole entrée
- 1/2 cup diced onions
- 1 cup chopped green peppers
- 1 cup mushrooms
- 1 cup chopped zucchini
- 1 cup corn
- 1 can (15 oz.) diced tomatoes
- Pinch of garlic, cumin and cilantro
- Salt and pepper to taste

In a large saucepan, bring diced tomatoes to a simmer, then add mushrooms, zucchini, onions and peppers. Cook over medium heat until tender. Add corn and entrées, stirring until heated through. Add seasonings to taste.

NOTE: This recipe also does well in a crockpot on low heat for 6–8 hours.

And to finish the meal...

BLENDED APPLE PIE

- 1 serving HMR Vanilla Shake
- 8 oz. water
- 1 packet sugar-free apple cider drink mix
- 1 tbsp. sugar-free vanilla pudding mix
- Dash of cinnamon
- 3–4 ice cubes

Pour water in blender. Add shake mix, cider mix, pudding, and cinnamon. Add ice cubes one at a time. Blend until ice is thoroughly mixed.

APPLE PIE PUDDING

- 1 packet HMR 70 Plus Vanilla
- 2–4 oz. warm water
- 1 apple, diced
- Dash of cinnamon

Microwave diced apple for 1–2 minutes. Prepare HMR 70 Plus pudding with warm water. Put pudding over the top of the warm apples. Add cinnamon and stir.



WANT STRONGER BONES?

Head for the produce section!

Yet one more excellent reason to eat more fruits and vegetables... new research suggests that eating more produce can increase bone mineral content. A recent study in the American Journal of Clinical Nutrition found that female seniors and adolescents of both sexes bolstered their bone strength by doubling their produce intake. Fruits and vegetables not only help the body hold onto calcium, they supply many other nutrients which support bone health including potassium, folate, and vitamins K and C. Arugula and other greens supply particularly high concentrations of bone-healthy nutrients. Another study showed that onions also contain compounds that significantly inhibit the loss of bone minerals, including calcium.

INTERACTIVE DIET TOOLS

We have great diet tools on our website. Whether you want to lose weight, gain weight, or maintain your weight, we have designed clever weight management tools that can help you.

Here is one example of an easy calculator you will find on our website:

How many calories per day should you consume to maintain

Directions:

1. Select Male or Female
2. Enter your weight
3. Click "Calculate"

Male

Female

Weight:

Result:

Go to www.hackleyhealthmanagement.com today and choose from these great tools:

- How many calories per day should you consume to maintain a certain weight?
- What is your BMI?
- How long will it take to lose weight?
- How many calories are you burning?



“ If not
now...
when? ”

– Anonymous

A Riddle to Ponder

FALL RIDDLE ANSWER

What object has keys that open no locks, space but no room, and you can enter but not go in? *A keyboard!*

WINTER RIDDLE

What appears in water but never gets wet?

Solve the riddle to be entered into a drawing for a free box of shakes. Stop in, call, or e-mail your answer to ckelly@hackley-health.org.
Congratulations to the last winner — Marsha Ake!

“I’ve lost over
100 pounds...

...and now I’m not taking any medication!”

“My goal when I started Hackley Health Management’s HMR program was to regain my health. I was very obese, I had tried everything and wanted to give up, and I was taking nine medications. Now, six months later, I’m healthy and happy, and not taking any medication, thanks to the dedicated staff, the easy-to-follow dietary plan, and just a little determination on my part.” – *Susan S.*



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