

Patient Testimonials

Rick Genter 43 years old
 VLCD (Very Low-Calorie Diet)
Pounds lost: 187
Lost his weight in: 2002

BMI (Body Mass Index)
 (normal: under 25)

Before HMR: 50
 After HMR: 24

Triglycerides
 (normal: under 150)

Before HMR: 220
 After HMR: 20

"I've been overweight my whole life. Before HMR my waist was 58 inches and I was a candidate for a heart attack and for diabetes. I had tried other diets before and would be successful initially, but would never maintain the weight loss. I used to go out for lunch all the time at work and the only vegetables I ate came on a pizza before HMR.

"Today I feel like I'm 17. I feel much more alive, I move more easily, and I have more energy. I weigh less now at 43 than I did when I was 13! In my mind, HMR is the only program out there focused not just on results but on helping people change their lifestyle. It is a scientifically-based program proven to work. I'm the proof! Other weight-loss group meetings were like a social hour. Not HMR—it is about learning and problem solving. If I have a problem I can have it addressed—not only by the health educator, but by the other adults in the class. I haven't missed one HMR meeting in two years.



"I tried other low-calorie frozen entrees and I really prefer HMR's menu options. I see myself using meal replacements forever. They are nutritious and make good, hearty meals. They work because they control the portions and calories for me. I saw progress every week, practically everyday. I replaced my wardrobe four times. Now I can buy clothes in a 'normal' store.

"I'm in better shape now. I had a physical and my doctor was amazed; he said I have the cardiovascular system of a top athlete.

"I even walked the Boston Marathon this year."

HMR makes no claim that these results are representative of all patients in the HMR Program. For many dieters, weight loss is temporary. Weight-loss results shown include participation in the HMR Maintenance Program.

