

## 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.

