

Healthy Solutions® Diet
HMR Program for Weight Management™

Patient Testimonial

SAINT
JOSEPH
MERCY
HEALTH SYSTEM

A Member of Trinity Health

Weight Loss Maintained

One Year and counting...

Medications Eliminated

Diabetes and High Blood Pressure

Medications Reduced

High Cholesterol

Jerry Pruder

76 years old

Healthy Solutions Diet

Lost Weight in: 2006

Pounds lost: 178



“More than 20 years ago, I started the HMR program and lost about 135 pounds.

We all manage to fall off the wagon sometimes...I fell off it big time and managed to double my weight! I played around with some other diets, but nothing stuck. My biggest errors were that I should have continued in a maintenance mode and I lacked discipline and motivation.

“In 2006, my doctor recommended that I pursue the HMR program, again. I thought ‘I’m not sure if I’m really ready,’ but I decided if I want to try to put a few more years on this frame then I better get with the program.

“One of the biggest motivators on the diet is when you start to see the scale numbers drop down and you begin to see the success of others...that’s a tremendous incentive. It just brings smiles to your face.”

After being in maintenance for over a year, Jerry explains that the program helps him focus on getting healthy food such as fruits and vegetables into his diet, and he is averaging an hour and a half on the treadmill daily.

“My health in general now is very good. I don’t get out of breath, and I’m not having any problems climbing stairs. Not only do I feel physically better, I feel mentally better. That’s why I continue to stay with the program.

“I don’t want to go back to where I was, it’s my greatest fear. I’m in it for the long haul.”

Jerry intends to stay in the program through 2008, and lose 30 more pounds, and this time...not gain the weight back!



HMR® and the HMR Program for Weight Management™ at Saint Joseph Mercy Health System make no claim that 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.

For more information, call 734-712-5540

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sjmercyhealth.org/hmr

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