

Success Story: JoAnn H.



I have always had, or at least believed myself to have, a weight problem. The more I tried to lose weight, the more I seemed to gain. I've tried Jenny Craig, Weight Watchers, counting calories and then exercising to burn those calories and nothing worked. My feet, knees and back all hurt, putting on shoes and socks had become my aerobic workout each day and all I really wanted to do was sleep.

Then COVID hit, and as devastating as it is, it presented me with an opportunity that I will likely never have again; to stay away from other people (no going out to eat), stay away from the office (where pies, cookies and cakes go to be finished off) and stay home and focus on being healthy. Lockdown allowed me to have total control over my environment without any outside pressure or temptation. So, I took full advantage and, on the advice and encouragement of my doctor, started HMR on September 11, 2020.

In the 8 months I have been with HMR I have lost 80 lbs. and am so happy! Shoes and socks are easy to put on now, as is getting on and off the floor, crossing my legs and so many other simple, everyday things that I had struggled with for the last several years. Having my knees replaced was part of my motivation, since the Knee Specialist said I was too heavy to have them done. After only 4 months on the program, he said I had lost enough and could have them done at any time.

For me, one of the best things I did to set myself up for success, was to get rid of all the other food in the house. Seriously, I gave away everything! Flour, sugar, ketchup, frozen and canned goods, everything! I didn't want anything in the house that wasn't HMR approved. I knew there would be moments where I opened every cupboard and drawer in the kitchen looking for something sweet or crunchy and I didn't want to find anything. If I need something sweet, I have a chocolate shake with a scoop of cocoa powder to make it extra chocolatey. If I want something crunchy, I have a few roasted chickpeas sprinkled with a little garlic and onion powder.

For the first time in my life, my thinking around food is changing, this really isn't a diet, it's a lifestyle change.

