



Kellie's weight loss success story

Returning to work had an unintended consequence for Kellie. She developed poor eating habits which resulted in significant weight gain – something many people can relate to.

Kellie joined Weight Loss for Life, starting with the Decision Free program in December 2021, and transitioned to the second phase of Weight Loss for Life in August 2022.

The Weight Loss for Life program specializes in helping people lose a lot of weight quickly, while learning to make long-term lifestyle changes for better health and quality of life.

Using two important personal mantras – “My life depends on this” and “Be prepared for all situations,” Kellie fully embraced the Weight Loss for Life program and is now enjoying both big and small victories as the pounds melt away.

The little things have big impact on quality of life

The biggest changes in my personal journey are all in the tiny details of life. For example, I can easily cross my legs again. My seat belt in the car fits and how I feel when I sit in my car. How all my clothing fits and feels on my body, etc.



Health benefits include a good night's sleep

I personally feel my biggest health benefit that I have experienced is my sleep. Over the last 12+ years I have had just horrible sleep. After time on this program, my "solid sleep" has returned. It has been about four months now that I have experienced this, and a solid night of sleep without waking up feels AMAZING!

Focus on a strategy that works for you

My personal best advice that has worked for my journey would be:

- *Trust the program – more is better!*
- *ALWAYS be prepared. Have a plan and pack ALL of tomorrow's food in a bag.*
- *Have back-up food in your car and at work with a shaker bottle.*
- *Get out and just walk (lunch time, breaks, park far away from an entrance)*

October discount offer

If you're ready to take back control of your health and your weight, the Weight Loss for Life program is ready to help with a big discount offered to anyone who joins during the month of October.

If you join our in-clinic HMR program, you will receive \$100 off classes. If you join the at-home program offered directly by HMR with online weekly classes, you will receive \$100 off your first two orders over a four-week period when you sign up for auto delivery. (You can cancel at any time.)

Both options offer:

- Fast weight loss without having to feel hungry
- Expert guidance from an HMR trained Health Coach
- Weekly coaching groups to learn healthier lifestyle strategies

To learn more about the in-clinic plan, call 360-546-8005 or email WLFL@peacehealth.org. Details for the online program are here www.hmrprogram.com/weightlossforlife.

In HMR's published studies, average weight loss is 43-66 lbs. for the in-clinic Decision-Free® plan and 28-37.5 lbs. for the Healthy Solutions® plan for those who completed 12-26 weeks.

