

AS SEEN IN

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Rejuvenate YOUR BODY



BEFORE

While Eric and I were dating, we liked to eat and enjoyed trying every new restaurant that opened,” says Joanna Alexander, 33. “Soon we realized that we needed a new pastime and an active, healthy lifestyle together.”

Joanna was familiar with Baptist East/Milestone Wellness Center’s Healthy Solutions® program for weight management since her mother had great success with the program. Joanna knew the basics and had been a member of the gym, so she felt like this would be a program that would fit hers and Eric’s needs. It is a supervised program of HMR® (Health Management Resources), which supports individuals’ weight-loss commitment with lifestyle-related plans and exceptional-tasting foods.

Joanna and Eric are happy that they joined the program. She has lost 70 pounds, and Eric has lost 100 pounds. The couple used to consider a date as going out to dinner. Now they enjoy exercising together and “romance it up by getting in the hot tub after an exercise workout. Because of our weight loss, we were able to hike a difficult coastal trail in Hawaii on our honeymoon last October that we would not have had the strength to do previously. It has been an amazing transformation!”

Healthy Solutions® currently offers two programs, an in-clinic class option and a ‘self-directed’ at-home program. Both programs are extremely successful, including complete nutrition, increasing vegetables and fruits, increased

exercise and much more. The health educators are dedicated to providing support to help members reach their long-term weight-loss goals. The program’s new website, <http://www.baptistmilestone.hmr diet.com>, provides support and valuable information. “Our HMR Healthy Solutions® program focuses on long-term lifestyle change,” says Kristin Brill, HMR Program Director. “We take a realistic approach to not only lose the weight, but protect the weight loss long-term. Our goal is to improve overall health, while feeling better, having more energy, more confidence, and overall quality of life.”

During Phase 1 in the Healthy Solutions® program, members buy their meal products, which they supplement with fruits and vegetables. Then in Phase 2 members begin to incorporate outside foods, lean proteins and whole grains. The Wellness Center is guided by a health-based approach to individual physical fitness for adults of all ages. The well-designed facility provides members with endless opportunities to get fit and stay healthy for life. Members receive support in achieving a balanced approach to exercise, weight management, stress reduction and physical rehab from the center’s friendly, professional staff.

“This program goes above and beyond preparing you for life after the weight loss. I feel more confident about keeping the weight off with their support program,” says Joanna.

Contact Healthy Solutions at 896-3900 ext 124 to sign up for a free information session today!



AFTER



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wellness center



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