



“My doctor said, ‘You’re sitting on a powder keg.’ Do the HMR diet.”

Jim W., lost 126 lbs. with HMR at Home®

JIM	BEFORE HMR	AFTER HMR
Weight	347 lbs.	221 lbs.
Health	<ul style="list-style-type: none"> – CPAP machine – 2 prescription inhalers – At risk for diabetes 	<ul style="list-style-type: none"> No more sleep apnea Inhalers no longer needed Blood sugars in control



Those were the doctor’s words that made Jim, a 347-pound Virginia retiree, realize it was time to get serious about losing weight. He did—losing 126 pounds in under a year with HMR at Home.

“I couldn’t walk to the mailbox without stopping to catch my breath,” Jim says. “I was overweight, had sleep apnea, and was exhausted all the time. I couldn’t climb a dune at the beach, so I didn’t go for two years.”

Jim was determined to become healthy, so he signed up to get automatic home delivery of HMR Entrees and Shakes. “It can’t get any simpler or easier than HMR. Everything is measured in the right portions. You don’t have to calculate or measure or look in a book for calories. If you know how to operate a microwave, you can fix your meals.”

The biggest surprise?

“The ease at which the weight came off.”

HMR’s automatic delivery helped. “I couldn’t survive without the delivery because I was on a roll. It helped me stay on the diet. One time, I thought I missed an order and I almost panicked.”

“The price is fair, too. The only extra foods I bought were vegetables and fruits.”

Today, 221 pounds and healthy, the man who couldn’t walk to the mailbox is burning up the treadmill, riding a bicycle, and strolling the beach. “I’m a different person now. I probably added at least ten years to my life, if not more. And it’s a different life. Now I can do practically anything.”

