



“With HMR at Home, the weight just fell off and I never reached a plateau.”

Susan G. lost 58 lbs. with HMR at Home®

SUSAN	BEFORE HMR	AFTER HMR
Weight	187 lbs.	129 lbs.
Dress size	14–16	6–8
Exercise	Occasional Hiking	Daily Running, Hiking



Dieting was a roller coaster ride for Susan G. until she put on the brakes with HMR at Home®, losing 58 pounds in seven months.

For years, Susan had been fluctuating between 215 and 150 pounds. Frustrated but hopeful, she turned to HMR. “The best time to start a diet is now,” says Susan. She adds, “It’s not January 1<sup>st</sup>, or after this trip, or after that occasion. If you do that, you’re putting it off indefinitely.”

“My goal was to weigh 135 pounds. I thought there was no way I would get there. But when I hit 140, I blew right through the 130s to 129. It was like—whoa—this works!”

Susan credits HMR’s “delicious” shakes and entrees, plus the program’s portability, control, and convenient home delivery. She adds that “HMR is a no-brainer. It’s easy. It’s healthy. And automatic delivery is wonderful. It was always at my door. I never had to think about what to eat.”

Formerly a size 14–16, Susan is now a 6–8, but adds, “I also have a couple of size 4s that I have a shrine to in my closet.”

### The greatest benefit?

“It’s the ‘I can.’ *I can* eat and be satisfied. *I can* live without chips. *I can* run. Each new thing I discovered added to my ‘I can’s.’ And I’m more positive than I’ve ever been.”

So positive, that Susan now jogs daily through the hills of a nearby park, confident that the ups and downs of dieting are far behind her.

