

Jenny Hatfield

HMR Client

I was already an active person when I decided to give HMR a try. I knew I wanted to lose weight, and needed a program that could help keep me on track. HMR was a good fit; it provided all the right food necessary for successful weight loss, along with a positive support community that was working towards the same goals. Accountability has been a huge part of the process, not only through progress tracking on the app but also weekly meetings with the HMR coach and others in the program.

I've been on the HMR journey for nine months now and already lost 50 pounds.

Proper nutrition is key to progress, and HMR gives me the freedom to be experiment with the foods I eat. As someone who likes to cook, I've enjoyed the flexibility to be creative while still losing the weight and reaching my goals. Blending flavored extracts and fruit into the shakes, putting them over ice, making blended smoothies, and adding fresh herbs, spices, broths, and vegetables to the entrees all keep things exciting.

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All the new ideas shared in class by coaches and other members were a big part of my success.

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One of the best parts about it is that I've never gone hungry on the program. The food is good and easy to prepare. I had to start shopping at the grocery for fresh produce more often, which I ate a lot of since you can have as much of that as you want. If I think about eating something outside of the diet, I often go for a walk or change what I what I'm doing and the thought goes away, which has really helped me shift my eating habits for the better. I've had noticeably more energy every day, and am much happier overall now that the weight is gone.

For me, success was about setting small goals to stay on track, giving the program a fair chance to work, listening to others who are succeeding, and being a positive, active member in the support community at the Club and online.

The weight loss part of the program is just a short amount of time, but the difference it makes lasts a lifetime.

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HMR provides the education and support needed to change your diet for the long term.

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Jenny

The Cincinnati Sports Club has two convenient entrances: 3950 Red Bank Rd. or 5535 Murray Ave. Learn more about the city's finest club at 513-527-4000 or www.CincinnatiSportsClub.com.

