

Monica Berry

HMR Client

I didn't like how I looked, and wanted to change that. What caught my attention about HMR is that it's well-researched and proven by data. My professional career was all about data-driven results, so I felt very comfortable with taking that same approach in my personal life. The program is rooted in behavioral science concepts, was easy to follow, and rich with real stories about how successful it could be.

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The classes and coaching kept me focused, driven, and authentic to myself.

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Getting started, I set both short-term and long-term/stretch weight loss goals. I met both after just three months in the program.

My coaches helped me believe that I could easily push past the minimum requirement of 2,000 physical

activity calories every week with the right mindset and dedication. I enjoy being outside, so I focused on that; I got deeper into walking, running, hiking, Pilates, swimming, and personal training, and am able to switch up exercises with a variety of formats to keep things interesting.

My friends and family started to notice the changes along my journey, supporting me and encouraging me to stay focused so I could reach my stretch goal. Knowing that the diet produced results every week—and that I had to share those results with others—also helped keep me on track. The food prep was very easy and quite convenient, and the ability to add extra ingredients like vegetables was important for me to make the entrees more interesting and flavorful.

Now, I am thrilled with how I look! I have more energy, which gives me the opportunity to move and exercise more.

My advice to anyone considering taking this up is to set weekly goals and stick to them for all aspects of the program. Look for new recipes on the HMR website (like muffins for breakfast!) and find interesting ways to modify the food options. If you stick with the plan, it's guaranteed to work.

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The fast results and the behavioral science behind those results helped me build long term habits around healthy behaviors.

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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.

