

Mark and Jennifer Weaver

HMR Clients

At the time, the Club was promoting a new weight management program called “Healthy Solutions” by HMR. I needed a way to make some progress quickly, and HMR sounded like it could be a way out of the rut I found myself in. I mentioned it to my wife Jennifer and we decided to give it a try together.

After the first six months, we lost a combined 85 pounds. We spent the following three months learning to manage that weight effectively. The program has helped us achieve a dramatic improvement in blood chemistry numbers, and it’s become a team effort. We push each other through the difficult moments, and support each other every step along the way.

I was the heaviest I'd ever been, and I felt terrible about it. So I made a decision to spend more time being healthy at the Club.

We like the focus on meal planning, and the HMR protein shakes that supplement meals through the day. We also like that we need to be at the gym regularly, and attend classes with other people who are doing the same thing. We feel accountable to them, and our coaches, so it’s easier to work through the hard parts. We keep detailed records every day, and provide a midweek report with precise numbers of activity and progress at each weekly meeting. Then we compare notes, talk tips and tricks, and discuss our successes and challenges along the way.

HMR works for us because it's the perfect balance of diet, exercise, and healthy activity.

Our coaches are an important part of our group’s success. They are there to guide us towards the most effective routine, to assist with correct form dynamics, and for moral support through the entire journey. Jess Richter, our current instructor, has gone out of her way to help us understand and overcome our current plateaus. She’s always there to help us keep moving forward.

We still go out sometimes, but make better choices when we do. The HMR meals are easy to make, and help us keep our grocery

shopping simple; a normal trip to the store means stocking a fresh supply of fruits and vegetables. Of course, there are times where hunger comes on strong. But that’s easily remedied by staying “in the box” with small snacks.

HMR has helped us become more physically active people. We go to the gym more often, for about an hour every time. We balance an indoor workout with a graded treadmill walk, followed by a cycle of calisthenics, weight training, Pilates, or water aerobics. During the warmer months, we’ve introduced several new walking routes through the neighborhood.

We feel far better today than when we started the program. We notice great improvement specifically in our legs, and are gaining flexibility while continuing to re-shape our body. The best advice we could give new participants is to be positive, and stay the course; you’ll see great results from the HMR program if you dedicate yourself to it.

Be positive, stay the course. The HMR system works with if you stick with it.

The HMR food options at Market Cafe are crucial to long-term success, and have helped my wife and I change the way we eat for the better.

Mark and Jennifer

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.

