

Results Earn OSF Diet Plan Top Ranking

US News and World Report says HMR is #1 weight loss program

It's the number one New Year's resolution, so it probably makes sense to choose the number one weight loss program to meet your goal of shedding a few pounds.

For the third year in a row, US News and World Report has ranked Health Management Resources (HMR) the top program for fastest weight loss. HMR is available at three OSF HealthCare locations.

HMR is more than a meal replacement program. It also uses learning techniques designed specifically to create diet programs that are both effective and easy to stick to. That's what made the difference for Jenny Barker, who participates in the program at OSF HealthCare Saint Anthony Medical Center, in Rockford.

"The combination of food you eat when you do get off the program, the way to sustain it, how much activity you need to do, I mean, he gives you those numbers," says HMR participant Jenny Barker. "A lot of people don't want to know that. They want to know - 'this is what I eat' - and that's fine. But for me, it was knowing this is what goes in, this is what goes out and this is how you do it."

Adam Schafer, a weight management coordinator at OSF Saint Anthony, believes what sets HMR apart from other diet programs is that it's taught and supervised by dietitians and health educators. And because making lifestyle changes is a key component of HMR, the program can be modified to each participant.

"We have counseled many, many, many people", says Adam Schafer, a weight management coordinator at OSF HealthCare Saint Anthony Medical Center. "So, we kind of know the ups and downs that people face every day. And we can, you know, give them strategies, some tips, to make sure that they are able to handle any situation or barrier that comes across."

Schafer says, on average, over the first three months of meal replacement, women lose between 30 to 35 pounds. It's slightly higher for men.

Barker lost 65 pounds on her way to shedding 135 pounds since starting the program only 10 months ago.

"I feel ten years younger", says Barker. "I feel there's nothing I can't do."

However, as with any weight loss regimen, Schafer says the dedication and determination of the participant is paramount. They need to be committed to making the necessary lifestyle changes, including exercise to meet and maintain their goals. He describes it as a marathon, not a sprint.

"When you're sprinting to get to a certain goal and then you're thinking - 'OK I'm done and I'm cured' - that's not the case," says Schafer. "That's why there's yo-yo dieting. And people lose weight just to gain. This is a marathon so, initially, yeah, we're sprinting to lose the weight with the meal replacements, but then we're showing you what do you do afterwards. Which, I think, is the key in long term weight management."

Free orientation for the HMR program is offered every 2nd and 4th Monday at OSF HealthCare Saint Anthony Medical Center. More information can be obtained by calling 815.227.2274.

HMR is also available at OSF HealthCare Saint Francis Medical Center, Peoria and OSF HealthCare St. Joseph Medical Center, Bloomington.