



Two New Published Studies Show 25 - 100 Pound Weight Loss Possible with the HMR Program for Weight Management™ International Journal of Obesity

100 Pound Weight Loss Possible Without Surgery

International Journal of Obesity, March, 2007

Results from a study of 1,100 participants in the HMR Program for Weight Management indicate that an intense behavioral treatment is an effective intervention for severely obese individuals (Body Mass Index ≥ 40) and is associated with substantially less risk than bariatric surgery.

Results for 1,100 people who attended the 12-week educational program ("Completers") showed an average weight loss of 77 pounds. 25% of the group lost 100 pounds or more - for an average weight loss of 137.4 pounds. Moreover, patients who participated in the HMR Program were able to maintain a significant portion of that weight loss while participating in the maintenance phase of the program. (Note: The majority of these patients were medically supervised.)

Averages	12-week Completers (1,100 people)	Lost 100 lbs. (268 people)
Start Weight	308.2 lbs.	349.2 lbs.
Total Weight Lost	-77.6 lbs. (39 weeks)	-137.4 lbs. (57 weeks)
Weight Kept off	-50.0 lbs. (59%) ~ 1.5 years later	-90.4 (65%) ~ 2 years later

For many dieters, weight loss is temporary.

25 Pound Weight Loss Possible with Diet Delivered Over the Phone

International Journal of Obesity Online, February 27, 2007

A 26-week randomized study compared the results of HMR's weight loss intervention delivered over the phone, with a similar program offered in HMR's traditional clinic setting. Both groups followed the same 1,200 calorie/day diet using calorie-controlled HMR meal replacements, along with vegetables and fruits and daily physical activity. Both groups lost more than 25 pounds in just 6 months.

Phone-Based Weight Loss: 28.2 lbs. in 6 months* (using the HMR at Home® Phone Program)

Clinic-Based Weight Loss: 27.5 lbs. in 6 months* (using the HMR Clinic Program)

*Includes participation in the weight-loss phase and in the maintenance phase.

HMR offers a range of weight-loss treatment options, including medically supervised low and very low-calorie diets, moderately restricted diets and "at home" dieting options.