

Transforming Lives:

The Riess Family's Commitment to Health

BY RESIDENT MARIAH RIESS, MSW | LIFE DOULA

Did you know that Americans have been steadily gaining weight since the 1960s? Each decade, we see high quality studies that point to the same outcome: we're getting heavier. Today 73.1% of Americans are medically classified as overweight or obese. This lifestyle crisis has become a real issue in our society.

OUR FAMILY IS DOING SOMETHING ABOUT IT

For the past forty years, my brothers Rick, Bill, and I have worked with thousands of clients across the U.S. to help them build and maintain healthier lifestyles. This journey began in the mid-eighties when I became a next-generation founder of Health Management Resources (HMR), a company focused on aggressive lifestyle changes for medical weight management. We quickly started publishing top-notch results for weight loss and weight loss maintenance.

Soon after, Rick and Bill joined me in the HMR Mission, and together we embraced a family passion for helping others live healthier lives. Fast forward 35 years, and our family is still devoted to this mission. I've expanded my private practice to include grief counseling and end of life support, which has become a true passion of mine. Rick and Bill have since taken their years of experience at HMR and launched their own weight loss and health management company, Next Step Lifestyle Coaching.

Together, we continue to collaborate to impact our clients' quality of life through various approaches, including:

- Personalized one-on-one counseling (both in-person and remote)
- Teleconference coaching in small, supportive group settings
- An online café offering convenient, healthy foods to simplify eating well



We're committed to helping people create lasting lifestyle changes and positive new health habits - and we're excited to share this journey with each of our clients.

REAL CHANGE IS POSSIBLE: SUCCESS STORIES

Rick, Bill, and I all agree: "We work with some of the most courageous people who put their trust in us to support, teach, and guide them. They come to see that their health is truly in their capable hands."

HERE ARE JUST A FEW OF THE MANY STORIES THAT INSPIRE US:

Anita, from Pennsylvania, retired and lost 80 pounds:

"This program helped me lose weight and has a long-term process to help keep it off. The coaching emphasizes healthy habits to reduce health risks – a major motivation for me."



David G., from New York, food author:

"This program offers a path to health through behavioral and lifestyle changes. It's smart, logical, and, most importantly, it works."

Linda, from Texas, clinical pharmacist and mother:

"I lost the weight I'd gained while focusing on my career and children. Now I'm down over 60 pounds and thrilled that I can participate again in the active lifestyle I love!"



No matter your age, health, or weight loss goals, we're here to help.



For one-on-one support and lifestyle management or end-of-life guidance, Mariah may be reached at:



www.mariahriess.com

508-965-1070

For more information about weight loss and health management coaching, Rick and Bill may be reached at:



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