

MEN'S HEALTH  
EDITION

MEN'S HEALTH SPECIAL EAT FOR HEALTH WITH OUR RECIPES

# GET INSPIRED

by JENNY CRAIG

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MAKE THIS

*Easiest-ever  
Veg Soup*

HEALTHY + SIMPLE

jenny  
CRAIG®





# Men's Health Special

Men have many important roles in our lives whether it's as our partner, brother, father, uncle or friend. Yet sadly, men live 9 years in poor health due to mostly preventable conditions<sup>1</sup>. They also live on average 4.4 years less than their female counterparts<sup>1</sup>.

On page 4 you'll learn how to protect yourself or a loved one from heart disease, the leading cause of illness for men. And we share some inspiration from just two of the many men who have joined Jenny Craig. Or why not get cooking with the men in your life and enjoy a tasty array of easy, healthy and hearty recipes starting on page 5.

<sup>1</sup> Reference: Men's Health Week, 2019:  
<https://www.menshealthweek.org.au/events/resources/male-health-infographics>



Make  
Roasted  
Tomato Salad,  
recipe p. 5



# MEET *Michael* NOW

*Then*



**Yes, Jenny Craig works for men too!**  
**This month, our amazing success story**  
**Michael from South Australia shares his**  
**Jenny Craig journey.**

## **What moment made you want to contact Jenny Craig?**

I saw myself from a different angle. I was in my shop and I was changing my shirt, I have a security camera that got me from a different angle and I looked at the screen and was like “am I really that big? Really? Is it that wide?” It was like “wow, I can’t believe that”, I saw how huge I was getting and I needed help.

I saw a Jenny Craig ad and I said... “it’s gotta work, it’s working for others, it must be able to work for me”, so I ended up that next day phoning up and saying “I need to find a way to fix this”. You know I didn’t even think I would get through the first few weeks, but I’m here now and I’ve lost 32 kilos and I’m still going! Now, I feel fantastic, I feel really light on my feet, energetic, happy, motivated and just healthy.

## **What role did your Jenny Craig consultant play in your journey?**

Just having the Consultant able to be there every week. They’re there to help prompt you along and check in. “How’d you go for the week? Did you do your exercises? Did you drink your water? Were any of the meals not that good? Can we put anything in which will make it better?”

*Now*



^Individual results may vary

They have been really, really helpful, if you didn’t have the Consultant, there is no way that you could do this, like you need that constant support through your program. They are really good as your mentor and as a person that will be there when you need them and my Consultant said “.. if you’re ever having a problem or having a struggle, just give us a phone call.”

“ I FEEL REALLY LIGHT ON MY FEET, ENERGETIC,  
HAPPY, MOTIVATED AND JUST HEALTHY ”

## **What would you say to other men in your position? To men who think Jenny Craig is not for guys, but want to make a change?**

Realistically, I thought that too, about it not being for men, but then I realised they have men as success stories.

I wanted to be a success story and I thought “well I must be able to do this too.” Jenny Craig is for everybody, not just for women. There are good hearty meals for men and lovely full meals you can enjoy. It makes you look good too. Now, I feel really confident and happy.

# MEET *Vince* NOW

*Then*



**59-year-old Vince from Victoria had a big reason to lose weight—he needed to be healthy enough to donate a kidney to his son.**

Vince's son had been diagnosed with Burkitt lymphoma at age eight and despite beating the cancer, it had damaged his kidneys and left him needing regular dialysis. By age 23, Vince Jnr. needed a kidney transplant. Luckily his mother Anna was able to donate her kidney.

Unfortunately, after eight years, Vince Jnr's body rejected the organ and his father was the only other option he had. "I knew in order for me to donate my kidney I had to shed the weight," Vince said.

"And so I started with Jenny Craig and it seemed to have worked well after a month, so I just kept on going and going and after 10 months I lost a massive 50kgs."

Vince has gone from weighing 180kg at his heaviest to now weighing just 97kg, losing 83kg in 15 months on Jenny Craig. Not only has this improved his health, but also cleared him to donate a kidney to help his son.



\*Individual results may vary

Vince had tried losing weight previously, but it was the support from his consultant which really helped shift his eating habits. "The beauty about it is you just need a microwave and they do the rest."

“

I JUST TELL THEM THAT IT WAS JENNY CRAIG

”

Vince says he gets stopped a lot by people asking how he did it and 'I just tell them that it was Jenny Craig'.

"Just doing the simple things in life has become so much easier, like bending over to tie up my shoelaces to getting in the car — you don't realise until it's all off."

The local fruit shop owner said that while he started this weight loss journey for his son, he finished it for himself — as he was aware if he didn't make a change it could have resulted in life-threatening health issues.

# NUTRITION AND MEN

## HEALTH ADVICE FOR A HAPPY HEART

Let's talk about men's health, in particular heart health. It may sound a little scary, but heart disease is the leading cause of death and disability not only in Australia and New Zealand but around the world. Two in five men (that's 40%!) aged 45-74 have a moderate to high risk of having a heart attack or stroke.



Despite the high risk, the good news is that for many men heart disease and serious complications such as heart attack and stroke can be preventable. However less than half of men are going to their GP for a heart health check. So guys, your first step is to see your GP for a check up!

There's also a lot you can do personally with your lifestyle that can help reduce your risk:

### 1. LOOK AT WAYS YOU COULD IMPROVE YOUR DIET

- Increase your intake of heart healthy fats found in olive oil, fish, nuts and seeds, avocado. If you're on the Jenny Craig program, your consultant will show you how to include these on your menu.
- Limit saturated fat intake by choosing reduced fat dairy products and lean meats. Did you know that the Jenny Craig menu has less than 10% saturated fat?
- Eat plenty of fresh fruit and vegetables and choose wholegrains – all of which are linked to people having healthier hearts.
- Reduce your salt intake – choose products with 'no added salt' or 'low salt' and avoid adding salt in cooking or at the table. You can use a variety of herbs and spices as flavor enhancers instead.
- Reduce your alcohol intake.

### 2. INCREASE YOUR PHYSICAL ACTIVITY

Aim for at least 30 minutes of moderate activity on most days. Something is better than nothing, so any progress you make towards the recommended amount is beneficial.

### 3. DON'T WATCH YOUR HEALTH GO UP IN SMOKE

If you're a smoker, take action to stop smoking.

### 4. TAKE STEPS TO MANAGE STRESS

Stress can increase your risk of heart disease. Consider relaxation and stress management techniques such as meditation, prioritising sleep, exercise, or talking with a professional.

### 5. WATCH YOUR WAIST

Aim to achieve a healthy weight with a waist measurement less than 94cm.

**The good news** is that every positive change you make will have an impact on your health. Aim to make small changes where you can and build on these good habits over time!





## ROASTED TOMATO SALAD

SERVES 1-2

### INGREDIENTS

250g cherry tomatoes  
1 garlic clove, skin on  
¼ red onion, thinly sliced  
2 cups baby spinach leaves  
2 tbsp fresh basil leaves, roughly torn  
½ cucumber, chopped

### METHOD

Preheat oven to 170°C and line a tray with greaseproof paper.

Place tomatoes and whole garlic clove on the lined tray. (If you're serving the salad with the Jenny Craig Pastie, pop this onto the tray now too). Bake in the oven for 30 minutes until the tomatoes have started to blister. (Continue to cook the Jenny Craig Pastie as per instructions on the packet).

Remove tomatoes and garlic from tray and place in a bowl. Add the remaining ingredients and stir until combined. Serve with the Jenny Craig Pastie.



### VEGETARIAN OPTION

SERVE WITH JENNY CRAIG SPINACH & FETTA ROLL

**Grocery Count (per serve):** Free Food Recipe

**DID YOU KNOW** tomatoes are one of the best sources of lycopene? Lycopene is a heart healthy antioxidant that gives certain fruits and vegetables their bright red colour. In fact, roasting or cooking tomatoes makes it easier for your body to absorb lycopene.



## BRAISED CABBAGE

SERVES 1

### INGREDIENTS

Spray oil  
 ¼ red onion, finely sliced  
 2 cups red cabbage, shredded  
 ½ cup apple juice  
 1 tsp balsamic vinegar  
 ½ tsp wholegrain mustard

### METHOD

Lightly spray a saucepan with spray oil and place on medium heat. Add the sliced onions and fry for 2-3 minutes until onions have softened.

Add in cabbage and cook for 2-3 minutes. Add in the apple juice, balsamic vinegar and mustard and cook on low heat for 15 minutes.



### VEGETARIAN OPTION

SERVE WITH JENNY CRAIG MACARONI AND CHEESE

Grocery Count (per serve): 1 Fruit serve

simple ingredients,  
BIG flavour!







# EASIEST-EVER VEGETABLE SOUP

SERVES 1

## INGREDIENTS

500g frozen mixed winter vegetables  
(includes frozen beans, carrots, broccoli and cauliflower)  
2 cups salt reduced vegetable stock  
400g tinned tomatoes flavoured with onion and garlic  
1 tsp dried mixed herbs

## METHOD

Place all ingredients into a medium sized pot. Bring pot to the boil and simmer on low heat for 15-20 minutes or until soup has thickened to your liking. Serve with your favourite Jenny Craig meal.

*Enjoy!*

**TIP:** You can even make this soup with canned non-starchy vegetables! We tried it with beans, capsicum, carrots and mushroom!



**Grocery Count (per serve):** Free Food Recipe | Vegetarian





ASK US ABOUT

# RAPID RESULTS



AND HOW YOU COULD SEE  
RESULTS EVEN SOONER



RAPID RESULTS MEMBERS LOST AN AVERAGE  
**5KG** IN THE FIRST **4 WEEKS**<sup>#</sup>

#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (including full weekly Menu and consultations), versus 3.87kg on our Classic Program.



#jennycraigausnz

*jenny*  
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