

MEN'S HEALTH
EDITION

GET INSPIRED

by JENNY CRAIG

Learn about
**MEN'S HEART
HEALTH**

TRY OUR 3 NEW RECIPES • MEET INSPIRING SUCCESS STORIES • NUTRITION & MEN ARTICLE



Men's Health Edition

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 conditions¹. They also live on average 4.4 years less than their female counterparts¹.

On page 5 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 6.

XX The Jenny Craig team



Make

Roasted
Tomato Salad,
recipe p. 6

¹ Reference: Men's Health Week, 2019:
[https://www.menshealthweek.org.au/events/
resources/male-health-infographics](https://www.menshealthweek.org.au/events/resources/male-health-infographics)

MEET Michael NOW

Then



MODBURY, SA

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

Michael
LOST 32KG[^]



[^]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



RINGWOOD, VIC

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.



Vince
LOST 83KG[^]

[^]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

- 1 Jenny Craig Beef Pastie (frozen)
- 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



VEGETARIAN OPTION

SERVE WITH JENNY CRAIG SPINACH & FETTA ROLL

METHOD

1. Preheat oven to 170°C and line a tray with greaseproof paper.
2. Place tomatoes and whole garlic clove on the lined tray. (If you're serving the salad with the Jenny Craig Beef Pastie, pop this onto the tray now too and prepare as per instructions on the packet).
3. Bake in the oven for 30 minutes until the tomatoes have started to blister.
4. 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.

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.



BEEF PIE WITH MUSHROOM GRAVY AND VEGGIE CHIPS

SERVES 1

INGREDIENTS

1 Jenny Craig Beef Pie (frozen)
 1 beetroot, thinly sliced
 1 parsnip, thinly sliced
 Spray oil
 Sprinkle of garlic powder
 Sprinkle of paprika
 2 cups mushrooms, sliced
 1 shallot, diced
 1 garlic clove, crushed
 1 sprig of thyme
 ¼ cup ready-made gravy
 Pepper to taste

METHOD

1. Preheat the oven to 180°C and line an oven tray with greaseproof paper.
2. Prepare the Veggie Chips and Pie by placing the sliced beetroot and parsnip onto the lined oven tray. Lightly spray the beetroot and parsnip with oil and season with garlic powder and paprika. Place the Jenny Craig Beef Pie onto the oven tray and bake everything in the oven for 30 – 35 minutes until the pie is hot and the vegetables are crisp.
3. While the pie and veggie chips are baking, prepare the mushroom gravy. Heat a frypan on medium heat and spray lightly with oil. Add the mushroom, shallot, garlic and thyme and cook for 10 minutes until the mushrooms are golden brown.
4. Add the ready-made gravy to the mushrooms and stir to combine. More water may be added to make a runnier sauce if desired.
5. To serve, place the pie and veggie chips on a plate and top with the mushroom gravy.

Enjoy!





EASIEST-EVER VEGETABLE SOUP

SERVES 1

INGREDIENTS

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

METHOD

1. Place all ingredients into a medium sized pot.
2. Bring pot to the boil and simmer on low heat for 15-20 minutes or until soup has thickened to your liking.
3. 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!



OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE
5KG IN THE FIRST **4 WEEKS**[#]



#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



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