

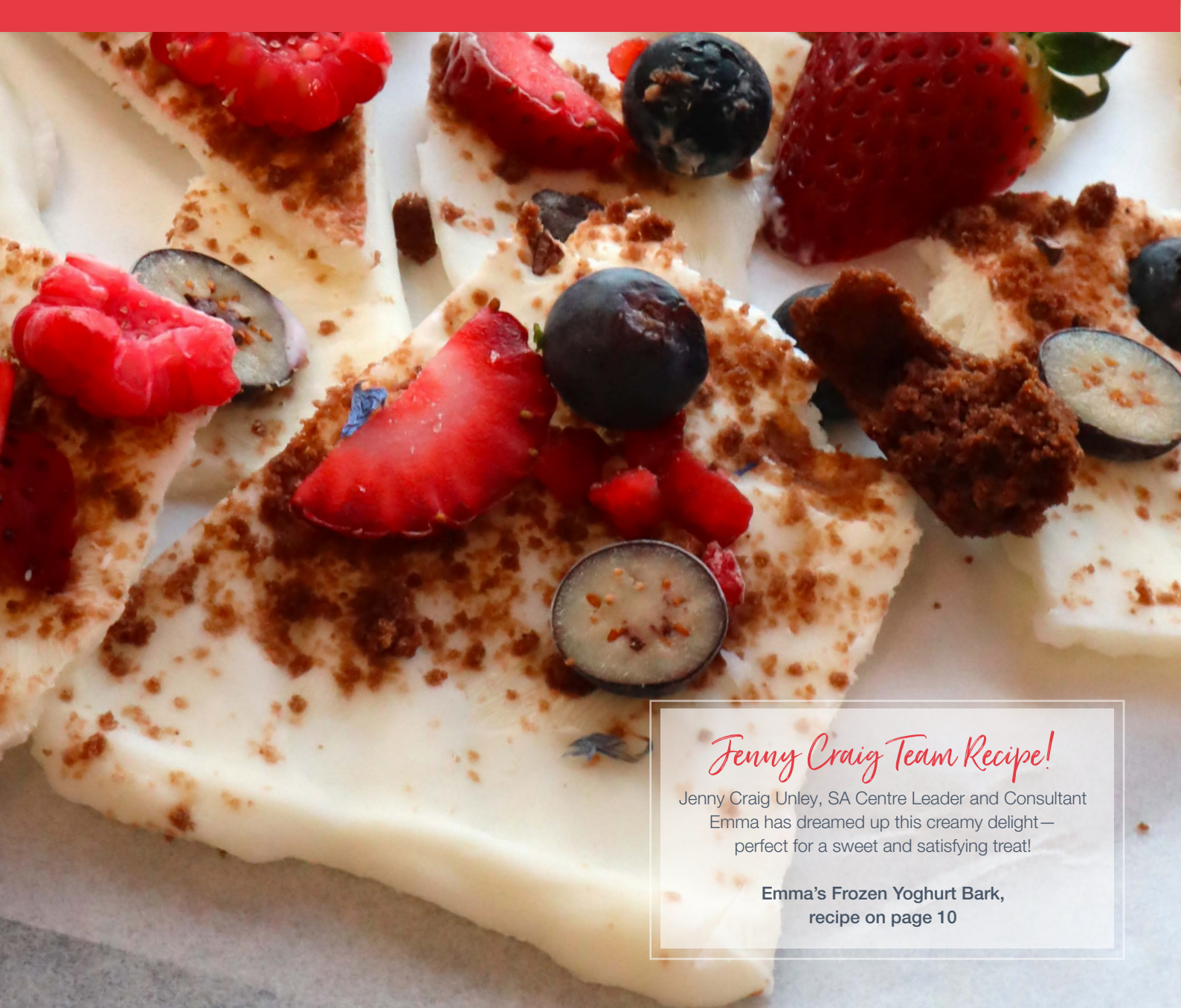
WOMEN'S HEALTH
EDITION

GET INSPIRED

by JENNY CRAIG

Tips
TO IMPROVE
YOUR HEALTH

TRY OUR THREE NEW RECIPES • SUCCESS STORIES: MEET JANE & STEPH



Jenny Craig Team Recipe!

Jenny Craig Unley, SA Centre Leader and Consultant
Emma has dreamed up this creamy delight —
perfect for a sweet and satisfying treat!

Emma's Frozen Yoghurt Bark,
recipe on page 10

Women's Health Special

This **GET INSPIRED** edition is our biggest yet, and it's all about Women's Health! We're taking the time to talk about what's important for Women's Health and what steps you can take to help improve your health both now and in the long term.

At Jenny Craig, we want you to make positive changes that will last you a lifetime—so this issue is packed with practical ways to improve your health. We've also got plenty of yummy recipes too. Jump to page 10 if you're looking for a sweet treat to impress your friends...all while sticking to our program!

MEET Steph KNOX, VIC NOW

Then



Now



Steph
LOST 20KG^{*}
IN 30 WEEKS

^{*}Individual results may vary

What was that trigger moment for you to call Jenny Craig?

There were a few things, but one night I was rushing getting my kid into bed as we all do. I was reading a story and I was trying to speed read, and I was catching my breath at the end of the book and I thought 'you know what, I am only 33, that's terrible'—so I needed to do something.

What would you say is your proudest moment for you on the program?

I realistically joined Jenny Craig saying 'oh, I'll just lose about 10 to 12 kilos' and when I got there it was really easy, just because I stuck to the program. I didn't think that it would be that easy. When you stand on the scales and you see the numbers falling off, it just keeps you going. It's very motivating and people start complimenting you and you feel so good. I lost 20 kilos in 30 weeks, which is something that I could never have done by myself. That's my proudest moment, just achieving something that I set out to do.

What was your family's reaction to your weight loss?

My mum thought that it was amazing that I'd done it so quickly and my husband was very supportive of the whole thing—he thought it was great.

And how did it affect your family life while you were on Jenny Craig?

On the program I'm a happier person obviously. I feel better and I'm a healthier person and also stronger, I make better decisions and I think that shows my kids that they can do the same thing.

How important is it for you to be a role model for your children?

For little kids, or for any kids, I think that they need to see the healthy lifestyle so for me that is really important that they could be a part of it. And my little girl, she has a heart condition so I think that for her it's really important that she sees healthy from the time that she remembers.

How did Jenny Craig work for you being a busy mum?

Jenny Craig worked with my family and being always busy because it was convenient. I just looked at my menu and I could see what I had to put in the microwave and it took out the thinking about what to eat and actually gave me more time to spend with my kids because I didn't have to do lots of meal prep and I think little things like that are important for little kids.

“ I FEEL BETTER AND I'M A HEALTHIER PERSON AND ALSO STRONGER ”

What would you say to someone who was considering Jenny Craig?

If anyone is considering Jenny Craig I would say, just start. Starting anything, whether it being a job or starting at a new school for someone younger is the hardest thing to do, but once you start you won't regret it. Pardon the pun I guess; you don't have anything to lose by going in to Jenny Craig but so much to gain.

MEET *Jane* BUNDABERG, QLD NOW

Then



Now



Jane
LOST 13KG[^]
IN 15 WEEKS

[^]Individual results may vary

What was life like before your weight loss?

Before Jenny Craig I was struggling to find time to eat proper meals as my role as a nurse includes shift work, I was constantly skipping meals, not eating for long periods or eating at the wrong times. I found I was eating unbalanced meals that were not consistent with daily requirements for fruit, veg, grains, meats etc.

What was your 'aha' moment? The moment that made you want to begin your weight loss journey?

It was a combination of seeing a passport type photo of myself, not wanting to be included in group photos and also that I had my daughter's wedding at the end of the year which would include family photos. Knowing that these family photos would be a cherished memory for years to come, I wanted to be confident and comfortable within myself to be in front of a camera.

What was your experience on the Jenny Craig program like?

From the first moment i spoke to Jenny Craig consultant Gael, she was bubbly, enthusiastic and made time for me to come in straight away. Gael was very helpful throughout the whole process, she took the time to explain the program in detail each week and I always felt she was compassionate to my situation and understanding of the journey I was on.

Do you have any favourite items from the Jenny Craig menu?

My personal favourite meals were Apple & Berry Brekkie Cup for breakfast, Vegetable Tortellini for lunch, the new Trio Spice Mix as a snack and I absolutely loved the Chicken Parmigiana for dinner.

“ I AM NOW SHOPPING FOR A NEW WARDROBE WITH STYLES I HAVE PREVIOUSLY NEVER BEEN CONFIDENT ENOUGH TO WEAR. ”

How do you feel now that you've lost the weight?

I am very happy and proud of my efforts. I am now shopping for a new wardrobe with styles I have previously never been confident enough to wear. Exercise is now something I look forward to and am finding it a lot easier, with my fitness levels when it comes to walking, cycling, swimming and water aerobics significantly improving. I am also looking forward to my daughter's wedding and the opportunity for family photos now that I can be proud of the way I look.

I have also been able to inspire friends and colleagues to join Jenny Craig as they have seen my transformation and how happy I am with my weight now that I have completed the program. I am also constantly reminded by family and friends of how proud they are of me and my commitment to reach my goal.

Women's Health Special

YOUR

health

matters

TOO!

BY KAREN STAFFORD, ACCREDITED PRACTISING DIETITIAN



The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'¹. Often as women we are so preoccupied with everyone else's needs or too busy being busy – filling our spare time with things we feel we 'should' be doing either to please others or live up to expectations.

We're here to tell you that your health is a priority. You matter and in order to be able to look after everyone else and do all those things you feel are important, you first need to look after yourself.

Here's some of the main health concerns for women...

1 Jean Hailes 2019 <https://www.womenshealthweek.com.au/>

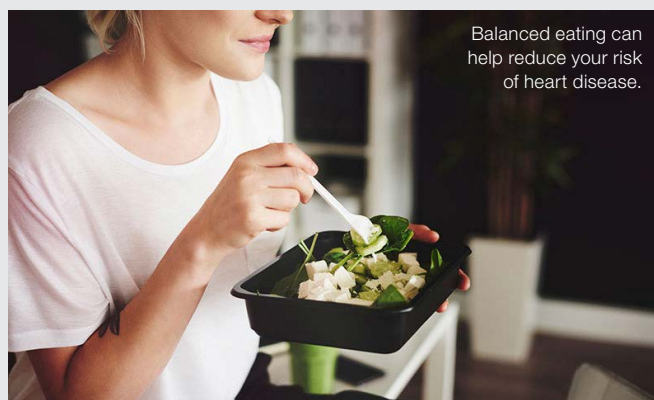
HEART HEALTH



This may surprise you, but heart disease is the leading cause of death for Australian and New Zealand women and causes more deaths in women than in men. It can occur at any age, but the risk does increase around the time of menopause.

There is no one single cause of heart disease, but many factors can increase your risk. Some things you can't change such as your age, being a female and your family history. But healthy living, including balanced eating, managing your weight, regular physical activity and reducing your sedentary time can all reduce your risk factors. If you're a smoker, taking steps to quit will also have a big impact on your heart health.

DO THIS Having regular health checks from a young age is important to increase your awareness and pick up risk factors early.



BONE HEALTH



Our childhood and teenage years are the most important time for bone growth with 90% of bone growth being complete by the age of 17. From our mid-thirties, we start to break down more bone than what is being made which leads to a gradual decrease in bone strength as we age. Because oestrogen plays a big role in maintaining bone strength, when women go through menopause it results in an increase in this bone loss due to the significant fall in oestrogen levels. Unfortunately, this increases your risk for osteoporosis.

DO THIS To help protect your bone strength make sure you include calcium rich foods such as dairy and calcium fortified alternatives, get adequate vitamin D with around 10 minutes of sun exposure a day and include weight bearing exercise on most days of the week.

MENTAL & EMOTIONAL HEALTH



There are many things that occur in different life stages that can contribute to emotional stress and lead to depression and anxiety in women. These include social pressures, social media, caring for or supporting others, relationship breakdowns, violence, discrimination, job stress, infertility and loss, pregnancy, becoming a mother and menopause.

There are many things you can do for yourself to enhance your mental well-being. It's important to check in with your own needs, listen to your body and do your best to honour what you need by practicing self-care on a regular basis.

DO THIS Self-care means different things to different people and can be anything from taking a hot bath or having a massage, to meditation, exercising or spending quality time with friends. Whether it's 5 minutes a day or 30 or 60, the key is to stop and take the time to reflect on what you need and re-charge your batteries. And don't forget to take some time off from social media too.

DO THIS Seeing a mental health care professional, such as a counsellor or psychologist, is a good way to help you through life's challenges and deal with stress, depression or anxiety.

MENOPAUSE



Most women reach menopause between 45-55 years of age. The symptoms of menopause are created by the changes to the levels of oestrogen and progesterone in the body. Common symptoms include hot flushes, mood swings, anxiety, joint or muscle pain, tiredness and sleep disturbances and weight gain, particularly around the abdomen. Not all women will have problems with menopause symptoms, but some may have a combination of a few or many symptoms.

DO THIS One of the best things you can do is to educate yourself – increase your understanding of what is happening and how you can help yourself. Talk to your doctor about your symptoms, and different types of therapies that may help you including HRT, other medications or other complementary therapies. Other things you can do to help include having a balanced diet, drinking plenty of water and avoiding too much alcohol (as it can cause hot flushes), being active, keeping cool with fans and loose clothing and ensuring you are practicing self-care regularly.

So ladies, we know you're busy taking care of everyone else, but you matter too – if you haven't had a proper check up for a while or something just doesn't feel quite right, it's time to see your doctor or other trusted health care professional.

6 ways

TO MAXIMISE YOUR MOVEMENT

Do you feel like there aren't enough hours in the day? Is your schedule maxed out with no time for you? Relax and remember that every step counts. Whether you're walking the dog, cleaning the house, or running errands, you can always find ways to increase your activity and improve your health.

Here are 6 easy tips to maximise the activity you're already doing:

- 1 When cleaning, put on some fast music and move to the groove. You might finish the cleaning more quickly, freeing up your time for something else. And the extra movement will help get your heart rate pumping.
- 2 When shopping or running errands, park as far away from the entrance of the store as you can. It'll be easier to find a carpark plus you'll get more steps in.
- 3 If you find yourself sitting for most of the day, break up your sitting time by taking standing breaks whenever you can. You could also try standing up during phone calls or having walking meetings.
- 4 When you're at work, make it a habit to take the stairs and try to squeeze a 10 minute walk on your lunch break. You'll clear your mind as well as burn some kilojoules.
- 5 When the kids do their after-school activities, why not get involved too? You can walk around the field or area outside their class while they are occupied. Make it your habit to keep moving whenever possible.
- 6 No time to get to a class or the gym? Workout at home with an exercise DVD or App, YouTube video, resistance bands or free weights.



APPLE CINNAMON BIRCHER

SERVES 1

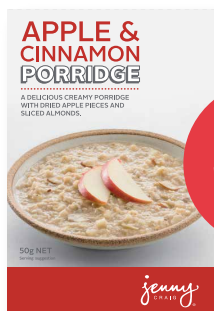
INGREDIENTS

1 Jenny Craig Apple & Cinnamon Porridge
 1 apple, ½ grated, ½ sliced to serve
 1 tsp LSA
 ½ tbsp. sultanas
 ½ cup skim milk
 ⅓ cup (100g) fat free plain yoghurt
 Sprinkle of cinnamon

METHOD

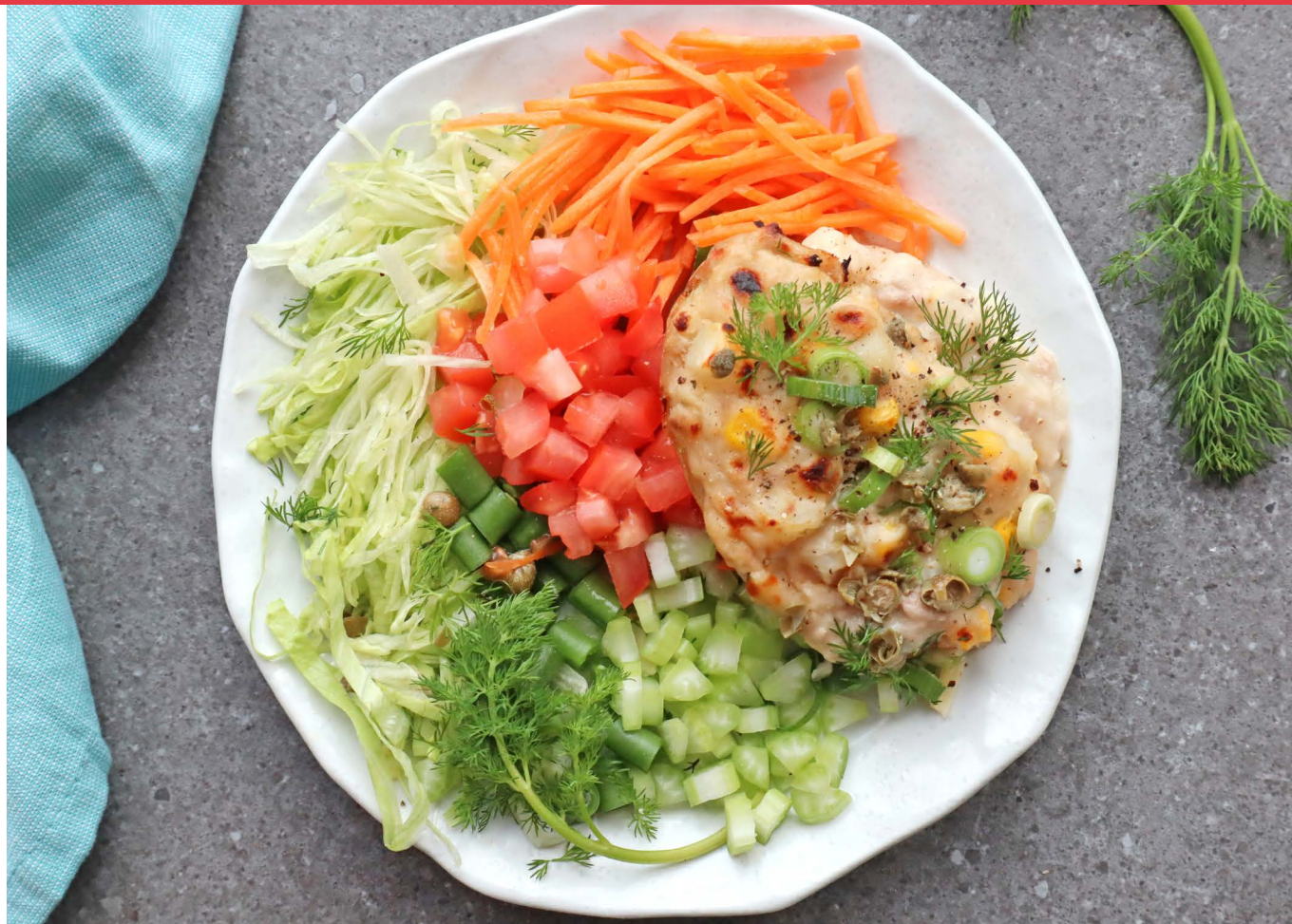
1. Place Jenny Craig Apple & Cinnamon Porridge, ½ grated apple, LSA, sultanas, skim milk, fat free plain yoghurt and cinnamon in a bowl and stir well to combine.
2. Place into a container or bowl, cover and refrigerate overnight or for at least 4 hours.
3. When the porridge mixture has chilled, place into a serving bowl and top with reserved apple slices.

Enjoy!



Made
WITH ME

TIP LSA is a combination of finely ground linseeds, sunflower seeds and almonds. It is a great source of fibre and contains heart healthy omega 3 fatty acids.



LOADED TUNA BAKED POTATO SALAD

SERVES 1

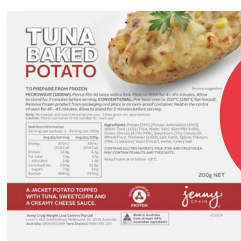
INGREDIENTS

1 Jenny Craig Tuna Baked Potato
 ½ cup iceberg lettuce, shredded
 ½ carrot, shredded
 1 celery stick, chopped
 ½ cup green beans, trimmed and chopped
 ½ tomato, diced
 1 spring onion, finely chopped
 1 tsp capers
 Fresh dill to taste
 Lemon juice and pepper to taste

METHOD

1. Prepare Jenny Craig Tuna Baked Potato according to instructions on the package.
2. Assemble the salad while the potato warms by placing lettuce, carrot, celery, green beans, tomato, spring onion, capers and dill into a bowl.
3. Serve with the warmed Jenny Craig Tuna Baked Potato and season with lemon juice and pepper to taste.

Enjoy!



Made
WITH ME

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Omega-3 fatty acids (found in fish like tuna) are a type of healthy fat that plays an important role in reducing inflammation and improving heart health and brain function.



EMMA - UNLEY, SA

Emma is Centre Leader and Consultant at Jenny Craig Unley Centre and has been part of the Jenny Craig family for a year. We caught up with her for a quick Q&A:

**EMMA'S FAVOURITE
JENNY CRAIG MEAL
CRUMBED FISH & WEDGES**

How did you come up with this recipe?

I'm always looking for different ways to jazz up the Jenny Craig menu so thought I'd try freezing some yoghurt and adding some fruit plus our menu items (like the Choc Fudge Bikkie) and to my surprise it was so delicious!

What do you like about working at Jenny Craig?

Supporting and motivating members throughout their journey and seeing how proud and excited they are when they reach their goal! It is so rewarding and makes me feel all warm and fuzzy!

EMMA'S FROZEN YOGHURT BARK

SERVES 1

INGREDIENTS

200g plain low-fat Greek yoghurt

¼ tsp vanilla essence

Natural sweetener to taste

½ cup mixed berries

Fun topping ideas: Jenny Craig White Chocolate Cranberry Cookie, Jenny Craig Choc Chip Bites, Jenny Craig Choc Fudge Bikkie (we used this one!)



METHOD

1. Combine the yoghurt, vanilla essence and natural sweetener in a bowl.
2. Line a baking tray with baking paper and pour the yoghurt mixture onto the baking paper. Spread the yoghurt mixture out evenly and sprinkle mixed berries (and any other toppings) on top.
3. Place in freezer for 1.5 hours or until set.
4. Remove from freezer and break into bite sized pieces.

NUTRITION TIP Yoghurt is a great source of calcium and also contains many other nutrients including protein, vitamin A, vitamin D, vitamin B12, riboflavin, zinc and iodine.

OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



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



#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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