

JANUARY

HOW TO FIND YOUR WEIGHT LOSS MOTIVATION

GET INSPIRED

by JENNY CRAIG

JANUARY 2021

Eat the
RAINBOW

MAKE THIS AT HOME - P9 • SUCCESS SPECIAL: OUR MEMBERS SHARE THEIR MOTIVATION

Welcome to a New Year!

It's the first 2021 edition of Get Inspired! Let's kick start the year with all the strategies you need to find your motivation and keep it. This edition includes two recipes featuring our new menu items, plus a delicious breakfast recipe from one of our Consultants, Dana. After a year of ups and downs, let's make 2021 the year you achieve your weight loss goals!

XX The Jenny Craig team



Finding your WEIGHT LOSS MOTIVATION



BY KAREN STAFFORD
ACCREDITED PRACTISING DIETITIAN

Have you tried to lose weight a number of times, thinking you have the motivation to do it? Whether your doctor has said you should lose weight, you want to impress your family and friends, or your partner wants you to go to gym with them and do it together? You've tried many weight loss programs in the past and the motivation is there to start but then you find it hard to keep going. So, why if you have all this motivation in the beginning does it not work?

It's not because of your lack of effort. The reason can be down to the type of motivation that's driving you to lose weight and finding the right type of weight loss motivation is the key to keeping you going.

INTERNAL VS EXTERNAL MOTIVATION

Research shows that a significant determinant of weight loss success is not necessarily which plan you follow, but whether you are internally or externally motivated.

External, or extrinsic, motivation is based on outside influences. This type of motivation can kick things off but doesn't tend to result in long lasting change. People can experience fast initial results that can slow down or rebound if the external motivation disappears or changes or as they start to get

close to their goal. It can cause a cycle of being dependant on external motives, losing some weight in the short term, but then regaining it again and again.

Here's some examples of external motivation:

"If I lose 20kg... my doctor will get off my back, I'll look great in my bikini this summer, my Instagram pics will look so much better, I'll have a six pack, I'll fit into this new dress, I'll make my ex jealous, my partner will stop bugging me about losing weight"

On the other hand, internal, or intrinsic, motivation comes from within and is more meaningful to you. It is made up of internal, meaningful reasons to lose weight. If you're internally motivated you get satisfaction from the psychological and physiological benefits of losing weight, for example improved nutrition, mood or energy, rather than simply looking better or pleasing others. This type of motivation leads to more long-term success because it comes from within and is not reliant on outside factors. If you're internally motivated, the

focus is more on progress rather than a designated time sensitive goal and it's more about wanting to maintain your physical health as a continuous lifestyle habit and understanding that it takes time.

Here's some examples of internal motivation:

"If I lose 20kg...I'll have so much energy, I'll be so healthy, I can play with my kids without getting exhausted, I will feel so proud of myself, I will live a longer life"

HOW TO FIND YOUR PERSONAL 'WHY'?

If you're externally motivated, don't worry, it's ok especially in the beginning as it can light the fire to kick start your weight loss. However, it is important to move to internal motivation to be able to achieve long lasting results. So, think about the meaningful reasons you personally want to lose weight. How will losing weight change you as a person and make you feel?

The key to motivation is to do something because you want to, not because you, or others, think you should. Ultimately your goal is to move from 'should' to 'want to'.



REALISTIC EXPECTATIONS

Another important factor to keep you motivated in the long term is the type of goals you are setting for yourself. Your goals need to be realistic and achievable in order to motivate you.

Self-efficacy or having the self confidence that you can do something, is important to success. You need to know that you can achieve your goals to be motivated by them. So be realistic – if you're not being active at all, don't set yourself a goal to run

5km five times a week! Start small with something you know you can do and gradually build up. Reaching these smaller, more realistic goals is more motivating than never achieving the unrealistic, difficult ones.

You also need to own each and every one of your goals as your own – these are things that you actually want to achieve, not goals set by others or society.

Q&A

FIND OUT WHAT *motivates* JENNY CRAIG MEMBERS

These members have reached their goals — we find out what motivated them to get there.



“Now that I’ve lost the weight,
I feel fantastic and fitter!”



Sandra LOST 38KG[^]
Papamoa, NZ

“I tried to lose weight myself, but would always give up, and I was tired all the time.”

“Joining Jenny Craig is
the **best thing I ever did**
for myself.”



Michele LOST 31KG[^]
Penrith, NSW

“All my life I had been unhappy with my weight. I had tried almost every possible weight loss program or fad diet you can name.”

[^]Individual results may vary

SUCCESS SPECIAL

"I FEEL AMAZING!"

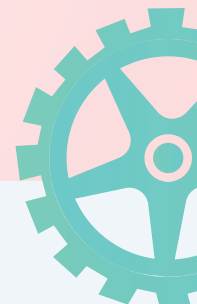
There is a newfound confidence that I've found during this experience and I love it, **I've never felt like this before.**"

Max

LOST 32KG[^]

Hobart, TAS

"When I hit 120kg, I knew that I had to put a stop to what I was doing."



"I feel more energetic, confident and active...Losing the weight has **turned my life around**"



Nicole

LOST 74KG[^]

Rockingham, WA

"I had to do something about my weight. My mobility was limited, my health was suffering, and I couldn't do daily tasks properly. With encouragement from my family and faith in myself, I made the phone call to Jenny Craig."

"I am making **good food choices** when I am out for dinner, visiting friends or just feeling lazy"



Shaun

LOST 20KG[^]

Prahran, VIC

"I joined Jenny Craig after I started to get comments about my weight."

[^]Individual results may vary

TO MEET MORE INSPIRING SUCCESS STORIES CHECK OUT [OUR BLOG](#)

SUCCESS SPECIAL

"I feel amazing, like a completely different person."



Chris LOST 105KG[^]
Chermside, QLD

"Because I was so overweight, I felt really unhappy, unhealthy and lacked confidence. This also meant I often did not want to socialise."

"I'm happy... It's that simple!"



Andrea LOST 19KG[^]
Hervey Bay, QLD

"I was unhappy on the inside, I felt uncomfortable and I was embarrassed to have let myself go."

[^]Individual results may vary

MEGAN'S MOTIVATION TIP



BY MEGAN BAHN
FIELD TRAINER

As the saying goes, 'When you feel like quitting, remember why you started'. We are never more motivated than when we start. Why? Because we are focused on our goal, the end result. We know what we want, and we take action to get there. Over time, this drive towards the end, may slow down and motivation drops. This is normal. We start to focus on other things and the image of our end goal may begin to fade. To stay motivated, constantly remind yourself of your end goal in detail.

To help you along the way, here are some questions you can regularly ask yourself:

- How will you look?
- What will you wear?
- What will you do?
- What will your energy / health be like?
- What will others say to you?
- What will you say to yourself?
- How will you feel? (proud, accomplished, healthy etc.)

**REMEMBER: WHEN RECORDING YOUR GOALS
BE AS DETAILED AS YOU CAN, WRITE THEM DOWN, AND REVISIT THEM OFTEN.**



CAFÉ STYLE BREAKFAST

SERVES 1

PREP TIME 15 MINS

VEGETARIAN

INGREDIENTS

Jenny Craig Caramelised Onion Fritters

Spray oil

6 mushrooms, sliced

1 garlic clove, crushed

4 cherry tomatoes, halved

1 cup baby spinach leaves

Salt and pepper to taste

Fresh basil to garnish



AVAILABLE FROM 1 FEBRUARY

METHOD

1. Lightly spray a frypan with spray oil and place on a medium heat. When the pan is hot, add the mushrooms and cook for 3 minutes until softened. Add the garlic and cook until golden brown for a further 1-2 minutes. Remove from the pan and set aside.
2. Wipe the pan down and place back on heat. Add the tomatoes to the hot pan and cook for 1-2 minutes to lightly warm through. When the tomatoes are cooked, remove from the pan and add to the plate with mushrooms.
3. In the same pan add the spinach and a splash of water. Turn off the heat and allow the spinach to wilt. Remove and place on the plate once wilted.
4. While the vegetables are cooking, heat the **Jenny Craig Caramelised Onion Fritters** in the microwave as per instructions on the packet.
5. Serve the **Jenny Craig Caramelised Onion Fritters** with the cooked vegetables and top with fresh basil.

DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

Add a sprinkle of goats cheese or low fat fetta cheese from your dairy serves to add an extra burst of flavour!

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your program.



RAINBOW NOODLE STIR FRY

SERVES 4 **PREP TIME 15 MINS**

INGREDIENTS

Jenny Craig Teriyaki Beef Noodles

Spray oil

½ red onion, sliced into wedges

2 garlic cloves, sliced

1 bunch broccolini, chopped

½ red capsicum, sliced

½ yellow capsicum, sliced

1 carrot, chopped

½ zucchini, chopped

½ cup purple cabbage, chopped

1 cup snow peas

4 tsp sweet chilli sauce

4 tsp oyster sauce

¼ cup water



AVAILABLE FROM 1 FEBRUARY

METHOD

1. Prepare the **Jenny Craig Teriyaki Beef Noodles** as per instructions on the packet.
2. Heat a large non-stick work or frypan on high heat and lightly spray with oil. When hot, add the red onion and stir fry for 1 minute, being sure to keep the onion moving at all times.
3. Add the garlic and stir fry for 30 seconds until fragrant. Add the broccolini, capsicum, carrot, zucchini and purple cabbage and stir fry for 2-3 minutes.
4. Add the snow peas, sweet chilli sauce, oyster sauce and water and continue to stir over high heat for another 1-2 minutes until the veggies are cooked and the sauce has evenly coated all the vegetables. Turn off heat and divide into 4 portions.
5. Serve the **Jenny Craig Teriyaki Beef Noodles** with 1 serve of the stir fry.

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

The different colours in different fruits and vegetables is due to the presence of different antioxidants. So eating a rainbow of veggies means you're eating a wide range of different nutrients!

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your program.



Dana, Consultant at Jenny Craig Morley Centre, WA

Everybody has their own story. My journey at Jenny Craig over the past 20 years has given me the opportunity to listen to those stories. Each chapter has been with challenges and

successes and has always given me great joy consulting at Jenny Craig. Thank you Jenny Craig for bringing much laughter and joy to me.

DANA'S CHOC DIPPED BANANAS

SERVES 1 **PREP TIME 10 MINS**

INGREDIENTS

- 1 banana
- 200g low fat vanilla yoghurt
- 1 packet **Jenny Craig Cocoa Clusters**



*Serve
WITH ME*

METHOD

1. Cut the banana in half and Insert a wooden skewer through each banana half.
2. Dip the banana in the yoghurt until evenly coated.
3. Crush the **Jenny Craig Cocoa Clusters** and sprinkle over the bananas until coated in the clusters. Freeze for 30 minutes to allow yoghurt to set.

DANA'S TIP...

"Think about why you started, believe in yourself with honesty and together we can achieve your weight loss goals."

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your program.

AVAILABLE FROM 1 FEB 2021

• NEW •

Summer menu

NASI
GORENG



MEATBALLS
& VEGETABLES



TERIYAKI
BEEF NOODLES



SWEET & SALTY
POPCORN

BEEF & VEGETABLE
CASSEROLE



MACARONI
& CHEESE



CARAMELISED
ONION FRITTERS

PEA & HAM
RISOTTO



MANGO CHEESECAKE



NUT &
CRANBERRY MIX



#jennycraigausnz

jenny
CRAIG