

SPECIAL EVENTS & HOLIDAYS

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SURVIVING SPECIAL EVENTS & HOLIDAYS ON JENNY CRAIG

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SURVIVING SPECIAL EVENTS & HOLIDAYS ON JENNY CRAIG

Whether it's a birthday, a long weekend BBQ or picnic, a few weeks away or an overseas trip, special events and holidays can be challenging. Your Jenny Craig Consultant is there to help you identify your challenges, plan some solutions and set some goals to help you stay on track. Think about the areas you really need advice and support with and be sure to discuss these with your Consultant.

What event or holiday do you have coming up?

Event/holiday name:

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My biggest challenge/s will be:

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Set a realistic goal

This may be something to help you overcome your challenges or just something you would like to achieve while on holiday. For example, keeping up your vegetable intake, improving your daily step count, or keeping up your water intake. Whatever your goal is, write it down here so you can reflect on it and then decide on 3 strategies you will implement to help you achieve it. You can use all of the information and tips in this booklet to help plan your strategies. Ask your Consultant for support if you need, and be sure to share this with them so they can help you to stay focused.

My Goal:

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.....

3 strategies to help me achieve my goal/overcome my challenges:

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2

3

A HEALTHY SPIN ON BBQS AND PICNICS

Bring a plate:

- » Bring along a platter filled with Free Foods such as veggie sticks (think carrot, celery, cucumber and capsicum) and salsa as a healthy starter to snack on.

Choose plenty of salads with low kilojoule dressings such as:

- » Balsamic vinegar and fresh parsley
- » Lime juice with coriander and chilli
- » Lemon juice and fresh basil
- » Red wine vinegar with Dijon mustard

Avoid salads with creamy dressings:

- » Try using fat free Greek yoghurt or reduced fat mayonnaise as a substitute when making cream-based dressings such as coleslaw, pasta and potato salad.

Choose lower fat BBQ meats, for example:

- » Lean steak, skinless chicken breast, fish and seafood

Use the Healthy Plate approach when filling up your plate:

- » ½ plate = non-starchy vegetables/salad
- » ¼ plate = lean meat/meat alternatives
- » ¼ plate = wholegrain breads, whole grains or starchy vegetables
- » Be mindful of your plate size

Choose non-alcoholic, low kilojoule drinks:

- » Try soda water with a splash of fresh lemon or lime juice or homemade iced tea with sweetener.

If you choose to drink, limit your intake to 1-2 standard drinks for the day, and choose lower kilojoule options such as:

- » Wine Spritzer (½ wine, ½ soda water), light beer (or a shandy - ½ beer, ½ diet lemonade), spirit (e.g. vodka) with diet soft drink or soda water and lime.

Stay active:

- » Why not combine a BBQ or picnic with a game of cricket, a dip in the pool or a bike ride!

HOW TO SURVIVE SPECIAL EVENTS

1 *Try not to go to events hungry*

If possible, eat beforehand. Have your Jenny Craig meal or snack before you go to avoid feeling hungry and the temptation of party foods.

2 *Balance out birthdays*

Yes birthdays often involve lots of sweets but they can also involve healthier options too! Offer to bring a fruit platter or veggie platter with salsa. If you're going out for dinner to celebrate, be sure to plan a Meal On My Own (take a look at the online MOMO strategy card) and remember the Healthy Plate approach.

3 *Keep your hands busy during morning teas at work*

Some workplaces seem to have never ending morning teas involving lots of cake. If you want to avoid the cake, be sure you've got a fresh cup of coffee or tea or a glass of water to sip on and if you feel comfortable, bring your Jenny Craig snack along and have that instead.

4 *Be a social butterfly*

Appreciate the company you're enjoying and focus on socialising, rather than making events all about the food.

5 *Watch your drinks*

As well as adding significant kilojoules, alcohol can lower your inhibitions and numb your hunger cues, making it easier to overeat. Take a look at the Alcohol information in your Getting Started booklet to help manage your alcohol intake.

6 *Send guests home with the leftovers*

If you're hosting an event, there can often be lots of leftovers hanging around for days. Why not send any leftovers home with guests to avoid over-eating once everyone has left.

7 *It's ok to politely refuse an offer of food*

If you're out at an event, don't feel pressured to eat certain things just because everyone else is. See the Strategies for Success in your Grocery Guide for the PRP technique to help you feel comfortable declining offers of food.

8 *Use the STOP technique*

To help control unplanned, unconscious and emotional urges to eat or drink, use the STOP technique in your Grocery Guide.

9 *Allow yourself to enjoy an offer if you want to – and practise moderation*

If you feel deprived or feel you are missing out, you are more likely to keep thinking about that food. This may then lead to eating more of it than you would have if you had just eaten a small amount and enjoyed it, rather than avoiding it!

10 *Your event is just one event*

Take a moment to breathe, plan how you will handle it and focus on your own goals. You've got this! And we're here to help.

My own strategies

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TRAVEL WITH CONFIDENCE ON JENNY CRAIG

Use positive self-talk

This will help you stay focussed on your reason for starting with Jenny Craig. Don't tell yourself how hard it's going to be to get through the holiday without overindulging, try confirming your commitment with positive statements. Tell yourself "I can enjoy this holiday without overdoing it!"

Take some Jenny Craig food

Depending on the type of trip you're planning, taking some Jenny Craig food can help you stay on track and remind you of portion control. Some of the Jenny Craig breakfasts and snacks are perfectly portable options to take with you while you are travelling.

Eat regularly

Don't skip meals all day then blowout in the evening. If you manage your hunger throughout the day by spreading out your meals and snacks, in the evening you will be more in control and able to manage your hunger.

Be prepared

Head into town to stock up on some fruit and veggies. Preparing some cut up veggies such as carrot, capsicum, celery and cucumber will be handy to take with you in your bag for when you're feeling peckish.

Manage your portions

Use the Free Food list in your Jenny Craig Grocery Guide to fill your plate with non-starchy veggies and use your Visual Cues to watch your portion size. Portion your plate according to the Healthy Plate approach.

Dine right

Don't use the excuse of being on holidays to overindulge. Watch out for hidden kilojoules in dressings, gravies and side dishes like fries, and think about sharing your meal if the portion sizes are supersized!

Be drink smart

Stay hydrated! Thirst can often be mistaken for hunger, so staying hydrated throughout the day with plenty of water and kilojoule-free beverages will help you avoid excess snacking. Try sticking to water, mineral water, soda water or the occasional diet soft drink.

Outsmart the buffet

When dinner is served buffet-style, use the smallest plate available and don't stack your food high on the plate. Eat slowly and savour your food, and wait 20 minutes before going back for seconds if you're still hungry. Try to go for the simplest foods on the buffet such as fresh fruits, vegetables and lean meats and watch out for sauces and dips. Focus on eating the same amount as you usually would, and take the fact you're at a buffet out of the equation.

Eat mindfully

As mentioned above, enjoy your meal over the course of 20 minutes; this is how long it takes for your body to feel full! To slow your eating down, focus on how the food looks, smells, tastes and feels in your mouth. Put your knife and fork down after every bite, and eat without distractions. Enjoy the company around you and make eating a social occasion as well as a way to nourish your body.

Explore by foot

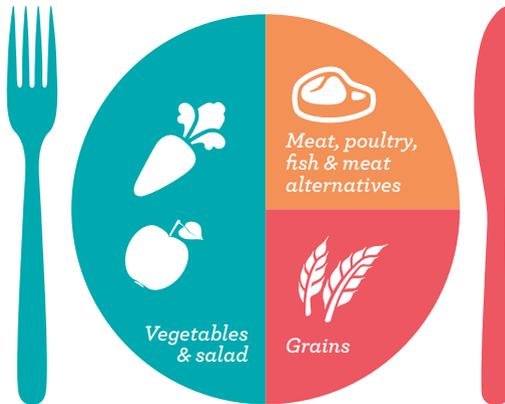
Take advantage of walking tours, ask your local guide for walking trails or get up early and explore before the heat of the day.

DINING OUT ON HOLIDAYS

Where possible, plan to stay in accommodation which includes a kitchen so you are able to prepare some meals yourself. This is also a good way to save some money! Depending on where you are staying and who you are with, dining out quite often while you're away may be unavoidable.

Top tips for dining out on holidays

- 1 Decide where you will eat – if possible take a look at the menu and decide on a suitable option in advance.
- 2 Know your food groups and portion servings. Consult your Jenny Craig Grocery Guide, Visual Cues and Healthy Plate approach:



- 3 Ask the big 3 questions, and don't be afraid to make a special request!
 - » What are the ingredients?
 - » How are they prepared?
 - » What is the portion size?

4 Make swaps if you can:

<i>Swap this:</i>	<i>For this:</i>
<i>Heavy gravies or dressings</i>	Broth/stock, fat free yoghurt, reduced fat sour cream, vinaigrettes
<i>Fried foods</i>	Grilled, barbecued or steamed foods
<i>Cream or coconut based meals</i>	Tomato and broth based meals
<i>Fried noodles</i>	Stir-fried or steamed noodles and noodle/rice salads
<i>Tempura vegetables</i>	Stir-fried, roasted or steamed vegetables or salad
<i>Heavy desserts</i>	Fresh fruit with a skinny latte/flat white or tea
<i>Garlic bread</i>	Wholegrain or sourdough bread
<i>Salads with creamy dressings e.g. Caesar, coleslaw</i>	Vegetable salads with a light vinaigrette or ask for the dressing on the side
<i>Wedges, chips or fries</i>	Salads or vegetables as a side
<i>Cream based soups</i>	Broth or vegetable based soups
<i>Creamy or cheesy sauces</i>	Wine or mustard based sauces
<i>Soft drinks</i>	Sparkling mineral water with fresh lime

KEEPING ACTIVE ON HOLIDAYS

Research your destination before you go

Look for local walking tracks and popular lookouts you can walk to.

Walk everywhere – if you can!

Walking is a fantastic way to explore new places so be sure to pack your most comfortable sneakers and activewear.

Avoid overheating

Try not to do your activity during the hottest part of the day. Get up early and get moving in the morning or wait until the early hours of the evening to take a long exploring walk.

Incidental activity all adds up

Tracking your steps on your pedometer or fitness tracker are great ways to measure this! Think about taking the stairs wherever you are – including sightseeing, your hotel/motel, even at the airport or train stations. Every step counts.

Make the most of your hotel gym

Even a quick 10 minute session at the start of the day is worthwhile and will give you a burst of energy. If there's no gym facilities at your destination, why not pack a skipping rope and spend 10 minutes each morning in your room doing some skipping, or walk up the stairs. If you're confident, try some star jumps, lunges, sit-ups, squats or push-ups to get your heart rate up. Anything is better than nothing!

If your hotel has a pool, jump in and have fun

It's a playful way to be active while away. Some hotels may also have a tennis court – give it a go!

If you're having a beach holiday, make the most of it

Get in the water, play around, jump waves and go for a swim.

Look into fun activities you can do while away

For example, bike riding, dancing, paddle boarding, surfing lessons or hiking.

TIPS BY TRAVEL TYPE

Flying

- » Don't get to the airport hungry – have a meal or snack before you go to avoid visiting the fast food chains while you're waiting for your flight.
- » Avoid drinking alcohol to help pass the flight time. Stay well hydrated by drinking plenty of water.
- » If available, choose in-flight meals that include lean meat or chicken, fish or seafood with plenty of veggies. Fill up on veggies or salad rather than the side of bread and dessert. Don't just eat for the sake of eating or to relieve boredom, be aware of your hunger signals and listen to your body.
- » Take some sugar free chewing gum or mints with you to have instead of the sweets and desserts on offer.
- » Don't forget to stretch! Frequent stretching and movement during your flight improves circulation and reduces the risk of muscle cramps. Try to reduce your sitting time by getting up and moving around at least once every hour.
- » Pack some healthy travel-friendly snack options (see the ideas on the next page). Do be aware some countries do not allow food to be brought in, so you may need to dispose of any unfinished food prior to entering immigration.

Driving

- » Ensure you have a good supply of nutritious meal and snack options to last the car trip (see the ideas on the next page). This will help avoid the less than desirable choices available at the pit stops and service stations and help give you an energy boost when needed!
- » Take a car fridge or portable cooler with an ice brick to keep your perishable foods at a temperature that is safe to eat.
- » Plan plenty of active pit stops – get out of the car, stretch your legs and go for a quick walk if you have time.
- » Keep mints or sugar free gum in your car. These can help refresh your breath after you've eaten and reset your taste buds so you don't keep craving more food during your trip.
- » At your destination stock up on fresh fruit and vegetables and other healthy options. Having your car is a bonus to make shopping much easier! Research where the closest supermarket, grocer or market is located before you leave.

Camping

- » Before you go, stock up on non-perishable items so you can make quick and easy meals and snacks (see the ideas below).
- » Don't forget to stock up on tea bags and coffee if you'd like to enjoy warm beverages by the fire.
- » Make sure you take a car fridge or portable cooler with ice to keep your fresh food at a temperature that is safe to eat.
- » Pack your favourite condiments to enhance your meals such as chilli flakes, mustards and Free Food sauces.
- » Refer to the BBQ and picnic section for more camping cooking and food tips.

Snack & meal options for travelling

Fresh:

- » Fresh fruit and pre-prepared fruit salad
- » Veggie sticks and salsa or tzatziki dip
- » Reduced fat cheese
- » Sandwiches or wraps
- » Sushi
- » Air popped popcorn
- » Bean or lentil salads
- » Homemade pasta salad

Non-perishable:

- » Jenny Craig's mueslis, cereals, bars, soups, instant pastas and snacks
- » Trail mixes, dried fruit and nuts in pre-packaged portions
- » Tinned fruit in natural juice
- » Canned vegetables and beans such as baked beans
- » Noodles, rice, pasta and polenta
- » Canned tuna, salmon and sardines
- » Canned pasta sauce
- » Wholegrain bread, crispbread and rice cakes
- » Single serve long life milk or skim milk powder

DEALING WITH A LAPSE ON HOLIDAY

Lapses are a natural part of the weight loss process and even successful weight managers have lapses. Keep your perspective balanced and remember some lapses are likely to occur on holiday. It's your reaction to the lapse and how you manage it that is the most important thing. Be realistic and try to let it go. Don't use it as an excuse to continue the lapse cycle.

See the Strategies for Success in your Grocery Guide for the Four Step Solution to help you overcome and learn from a lapse.

If you do lapse remind yourself that you're on holiday! This is a time for relaxation, pleasure and enjoyment. Focus your attention on what you have achieved on your journey so far then refocus on all the positive changes you have made and how they will continue to help you achieve your long term weight loss goal.

THE IMPORTANCE OF A BIT OF R & R!

If you are going away, don't forget your holiday is an opportunity to enjoy some well-deserved rest and relaxation. In our fast-paced environment, life can sometimes become so hectic and our stress levels elevate. Stress impacts the body in so many ways, and can affect your weight by elevating levels of the hormone cortisol, as well as leading to emotional eating and less activity.

Use your holiday as an opportunity to recharge and reduce stress. Don't put pressure on yourself to continue to lose weight if you don't think it is realistic – have fun and know you'll get yourself back on track as soon as you get home! We are always here for you no matter what, and we'll be here for you when you get back from your holiday. And we look forward to hearing all about your adventures!