

NOVEMBER

THE COUNTDOWN TO SUMMER IS ON! GET READY WITH OUR TIPS

# GET INSPIRED

by JENNY CRAIG

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JENNYCRAIG.COM.AU



TRY THIS  
REFRESHING

*Lychee +  
Watermelon  
Granita*

*jenny*  
CRAIG<sup>®</sup>





# Hello Sunshine!

Summer is just around the corner and in this edition of **GET INSPIRED** we are welcoming the warmer months with plenty of super fresh recipes to give you an extra spring to your step! We've also got lots of great tips on how you can make the most of the sunshine and include more activity into your day without having to step into a gym.

XX The Jenny Craig team



# MEET *Andrea* HERVEY BAY, QLD NOW



*Andrea*  
LOST 19KG\*

“**WE MADE MY FIRST APPOINTMENT FOR LATER THAT WEEK, AND THE REST IS HISTORY!**”

I am so blessed to be the mum of a beautiful daughter, the wife of an extremely supportive and loving husband who is the love of my life, and the daughter of the most amazing parents. I have a great, rewarding job as a teacher and have the most wonderful friends! But something was missing, and that was my self-care and self-respect. I have spent much of my life focussed on the achievements of others, especially those of my husband, daughter and “my kids” (the students in my class) and that needed to expand to start including myself.

This year, I weighed in at 84.3kg. The only time I had ever weighed more was when I was 9 months pregnant with my daughter, nearly 13 years earlier. That number scared me....I knew that I couldn't continue on my current path. I was unhappy on the inside, I felt uncomfortable and I was embarrassed to have let myself go.

My crunch point came when I was looking to share some photos from the day that our daughter had won a very prestigious Australia Day Award, and I was nowhere to be seen....it was as though I didn't exist.

The very next day, I called my local Jenny Craig centre at Hervey Bay. It was one of the hardest calls I'd ever made, but I will be forever grateful to my fabulous consultant, Barb, for answering my call that day. She instantly made me feel at ease and comfortable with my decision. We made my first appointment for later that week, and the rest is history!

I had a goal weight in mind as I knew where I felt best weight-wise, but I was not going to set a date. This was to be a forever journey for me, and I didn't want my mind to believe that there was an end date. I weighed in that day at 80.6kg. I set my goal at 60kg, so I knew that I had a long road ahead.

From the very first day, I was determined to do everything properly. I bought a microwave for my classroom to eliminate the excuse of “no time” to go to the staffroom to heat my meals, I meal planned for my family to match what I would be eating and I committed to sharing my weekly weigh-in figures with my best friend. I believed in myself and I made myself the priority that my beautiful family always believed that I was.

The weight started coming off...by the time I turned 41 in July of this year, I had lost about 15kg. I was so determined that this time, I was going to be on top of my weight forever. This wasn't a quick fix, this was forever.

In 6 months, I have reclaimed my life. It sounds incredibly corny, but I really do feel like a new woman! I am no longer just existing and celebrating the achievements of my little family, but am now LIVING and celebrating the achievements of all of us! I have lost 19kg to date! I am now incredibly close to my goal weight, but to be honest, I still don't care how long it takes for me to get there. This is my life-long journey! I can't even begin to fully express how much my life has changed this year.

I have always loved clothes and now I can actually wear anything that I choose! I no longer feel the need to hide from photos or to edit them within an inch of believability—I am keen to be in front of the camera!

I would like to think that I have always been a great mum, wife, daughter, friend and teacher, but I KNOW that I am now. I'm happy... It's that simple! I want/need to share this message with everyone, and I wish everyone who feels uncomfortable with their weight the same opportunity. It has changed my life and I couldn't be more grateful.

\*Individual results may vary



# 7 WAYS TO GET MORE ACTIVE THAT DON'T INVOLVE THE GYM

Over winter it's natural for many of us to go into hibernation as we spend more time getting cosy on the couch and less time on physical activity. As the weather gets warmer and days get longer, you may find an increase in energy levels and more motivation to get active again. While signing up for the gym is a great way to encourage activity, there are plenty of other ways to get moving that are fun (and free!). Here are our top tips for ways to get more active.



**BY LAURA FORD**  
ACCREDITED PRACTISING DIETITIAN



## 1 GET ACTIVE ON YOUR COMMUTE TO WORK

Have a look at your route to and from work and see if there are ways you can be more active. Try riding your bike for part of the journey or including a walk to and from the station. A bit of physical activity before work can help prepare yourself for the day, or destress after a long day at work.

## 3 PLAY IN THE PARK WITH THE KIDS

Getting the kids out to play in the sunshine is not only good for them, but good for you too! Rather than having a rest on the park bench, try running around and play some games with the kids.

## 2 GET DANCING!

Pop on a mix of your favourite songs and have a dance around the house. It's a great way to get your heart rate up whilst having a bit of fun.

## 4 INCREASE INCIDENTAL ACTIVITY

Try getting off a bus or tram stop earlier, or parking the car further away at the shops. You'll barely notice the extra time you'll spend moving plus every bit of extra movement counts!





## 5 GET OUT AMONGST NATURE

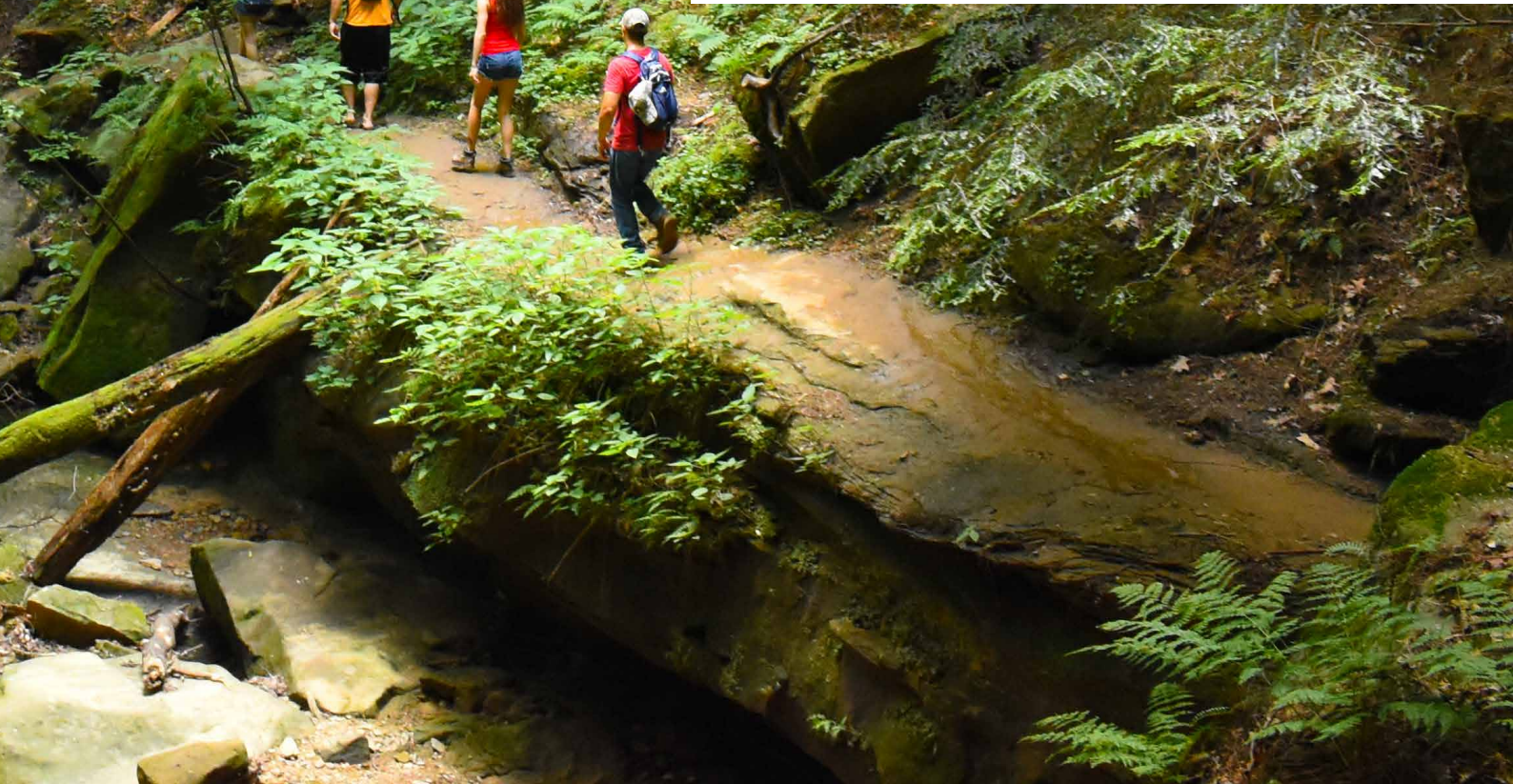
We live in the most beautiful part of the world so why not make the most of it by getting outdoors. Hiking is a great way to get moving but you can also try exploring different local parks or beaches around your neighbourhood.

## 6 USE THE STAIRS

Opt for the stairs where possible instead of the escalator or elevator. You'll be surprised how quickly this can increase your steps, plus climbing stairs is great for toning and strengthening your legs.

## 7 SWAP COFFEE CATCHUPS FOR ACTIVITY DATES

Instead of catching up over a latte (where a piece of cake can also be tempting), try catching up for a walk and talk instead. You'll get all the social benefits of catching up with your friend, whilst enjoying the sunshine and fresh air.







## LYCHEE + WATERMELON GRANITA

SERVES 1

### INGREDIENTS

1½ cups watermelon, cut into chunks  
3 lychees (tinned is ok)  
Juice and zest from ½ lime

**Preparation time:** 4½ hours

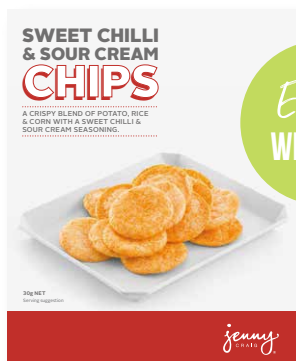
### METHOD

Place the watermelon, lychees and lime juice in a blender or food processor. Blend until smooth.

Pour the fruit into a metal pan and freeze for 30 minutes. After 30 minutes gently scrape the mixture with a fork to move the liquid around. Return the pan back into the freezer and repeat this process every 30 minutes to form largish ice crystals (this should take approximately 3-4 hours in total). The granita will be ready when the mixture is completely frozen but has large flaky ice crystals.

Serve in your favourite glass and garnish with a wedge of fresh lime & zest.

*Enjoy!*



**TIP** Try making this with other fruits like strawberries, cherries, oranges or rockmelon! Or why not try adding 1 cup of sparkling water for a delicious mocktail.

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



## SEASONAL FRUIT MUESLI BOWL

SERVES 1

### INGREDIENTS

1/3 cup plain fat free yoghurt  
 1 Jenny Craig Cranberry & Vanilla Muesli  
 1 cup cut mixed fruit (we used a combination of banana, kiwifruit, strawberries, blueberries and raspberries)

**Preparation time:** 5 minutes

### METHOD

Place the yoghurt into a bowl and top with Jenny Craig Cranberry & Vanilla Muesli and fruit.

*Enjoy!*

**TIP** Keep your muesli bowls fun and exciting all year long by using different seasonal fruits. Mangoes and passionfruit work well in summer, while sliced apple and pear are delicious in winter







## FRAGRANT PAD THAI

SERVES 1

### INGREDIENTS

- 1 Jenny Craig Pad Thai
- Spray oil
- 1 clove garlic, crushed
- ½ chilli, finely chopped (optional)
- 1 cup spiralized zucchini
- 1 carrot, peeled and cut into noodles (see tip!)
- ½ cup cabbage, shredded
- 1 spring onion, finely chopped
- Juice from ½ lime
- 2 tsp soy sauce
- 2 tsp sweet chilli sauce
- 1 tbsp fresh coriander, chopped

**Preparation time:** 15 minutes

### METHOD

Cook the Jenny Craig Pad Thai in the microwave as per instructions on the packaging.

Place a fry pan on medium heat and lightly spray with spray oil. When the pan is hot, add the garlic and chilli (if using) and cook for 1-2 minutes until fragrant. Add the spiralized zucchini, carrot and cabbage to the pan and stir fry for 2 minutes until vegetables start to soften.

Add the spring onion, lime juice, soy sauce and sweet chilli sauce and cook for a further 3 minutes until the vegetables are cooked through. When cooked, add the stir fry to the warmed Jenny Craig Pad Thai and toss to combine. Finish by topping with fresh chopped coriander.

*Enjoy!*



**TIP** Create the carrot noodles by using a peeler to make long thin carrot strips. Cut the carrot strips in half lengthways for thin ribbons.



OUR MOST EFFECTIVE  
PROGRAM EVER

# RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE  
**5KG** IN THE **4 WEEKS**<sup>#</sup>  
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 (including full weekly Menu and consultations), versus 3.87kg on our Classic Program.



#jennycraigausnz

*jenny*  
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