

# Quarterly CONNECT

APRIL - JUNE 2020



jenny  
CRAIG®



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# Welcome FROM AKASH

AKASH AHLUWALIA, MANAGING DIRECTOR



*Hi Team,*

As I write this message, we all continue to feel the impact of COVID-19 in some shape or form, albeit in varying degrees depending on our location. Bar some of our Victorian teams, most of our Australian and all of New Zealand teams have seen restrictions eased or removed over the last few months. I know across all centres in both countries we are continuing to operate with caution and vigilance as we get used to the new COVID normal and continue to show care for both our employees and clients. To date, we have no reported COVID-19 cases within the business, and it is imperative we continue to follow the safety procedures that have been put in place to keep minimising the impact from the virus to our business.

In challenging times like this, we always need to ensure that as a business we are guided by our values and I wanted to share with you some examples of how our teams have continued to go above and beyond during this time and stayed true to the business values.

## PASSION FOR SERVICE

Our Operations teams in centres have continued to adapt to the different government regulations and customer needs over the last few months. I know all our teams have had to move to doing significantly more home deliveries which requires extra eskies, gel packs and inventory planning. Our teams have also strived to continue providing excellent consultations to our clients by phone to ensure they remain supported on their weight loss journeys. I visited several of our Victorian centres recently with Josh, Matt and Kevin from Head Office and it was great to see and hear the appreciation from our clients with the service levels demonstrated by our teams and also how we have continued to provide that service in a safe manner for all.

## EMBRACING CHANGE

Through this period, our Supply Chain team (Matt, Raj and Darrich) were also impacted by the sudden and dramatic shift to home delivery, together with a constantly fluctuating demand on inventory, driven by panic buying, government-imposed lockdowns and temporary centre closures. Despite all the challenges, they have done a fantastic job to ensure all centres were stocked with gel packs, eskies and inventory!

## TEAMWORK

Our Marketing Team, led by Helen and Alick, have been fantastic by being agile and flexible during the last few months to help navigate the challenges posed by COVID-19. To help service existing and new clients who were seeking online ordering

options, the team was able to develop 'Simply Convenience' meal boxes for both Australia and New Zealand in a very short space of time. This was only possible due to great teamwork across our Marketing, Operations, Customer Care & ICAN, Legal, Supply Chain, Nutrition and Product Development and Finance teams.

The Marketing Team were able to juggle the pressure of relying only on digital advertising as the main method of attracting new leads and clients (in the absence of TV advertising) whilst simultaneously launching our e-commerce solution in Australia. I am personally very excited with the launch and we are looking to learn from and evolve this platform over the next few months and extend the launch to New Zealand. This is a project that was approved in August 2019 with a targeted launch date of July 2020 and I am pleased to see that despite all the challenges this year we were able to meet our timeline.

## INTEGRITY/ACCOUNTABILITY

During the last few months, the business has had to work through implementing multiple safety regulations and various government financial subsidies and schemes which have all varied by state and by country. The HR and Payroll team led by Josh and our Legal team lead by Harpreet have ensured that the business has always acted with integrity and that we have complied with all regulations and requirements in a timely manner. I have seen firsthand, the speed at which changes have needed to be implemented, but with Josh and Harpreet taking accountability and communicating these changes on behalf of the business, I know that we have acted in the right manner and also in the best time frames possible.

I appreciate that these are challenging times for all and therefore wanted to repeat my message from the last newsletter to continue to make time to check in with your friends, family and co-workers and ask, 'Are you OK?'. We all need to continue to be vigilant, responsible and careful as individuals in the next few months to ensure the health and safety of our loved ones, fellow employees and other members of our community.

Lastly, I would like to welcome Khuram Bhatti, Sarah Hoffman and Mandy Dowson who have joined our US team as Chief Financial Officer, Chief Marketing Officer and Chief Operating Officer respectively. I want to wish them all the very best on behalf of the Oceania team and look forward to working closely with them.

Please stay safe,

*Akash*



# Spotlight On SUPPLY CHAIN



MATT, RAJ AND DARRICH

The Supply Chain team ensure the centres have products readily available to support clients through their weight loss journey. The team are responsible for purchasing, planning, forecasting, warehousing, logistic and shipping of all Jenny Craig inventory.

## **MATT - SUPPLY CHAIN DIRECTOR**

Oversees Supply Chain duties, processes and initiatives along with supplier agreements, project management, supplier and transport relationships and works very closely with all department heads to make sure we are all in sync.

## **RAJ - INVENTORY & PLANNING SPECIALIST**

Forecasts, plans and procures food stock from suppliers into our various warehouses, for Darrich to then send it out and stock up centres.

## **DARRICH - SUPPLY CHAIN CO-ORDINATOR**

Looks after inventory levels at centres and stationery orders, as well as home delivery orders through Be Cool and maintaining stock levels in their warehouse.

## **What is the best thing about working in Supply Chain?**

**Matt:** What I love about Supply Chain is that there is a new challenge every day and, on many occasions, multiple challenges.

**Raj:** I ensure we have optimum stock levels for 2-3 months at our warehouses - not too much, not too little – this is what keeps my job interesting and there is never a dull moment.

**Darrich:** The best part of this role is that different situations are always popping up and no two days are the same, so it never gets boring.

## **How have you adapted to change over the past few months?**

**Matt:** I learnt over the last few months how important it is to have a great team and I would like to take this opportunity to thank Raj and Darrich for their effort over the last few months and all the centres fantastic work and support.

**Raj:** The learning curve in the last few months is that good relationships with suppliers are always important and above all TEAMWORK. The cooperation and willingness to jump in and assist each other - this is what makes it a pleasure to wake up in the morning and start working.

**Darrich:** In the last few months, face to face communication which would quicken a lot of processes is no longer available so adapting to the work from home environment was a challenge. The social aspect has also been sorely missed, but getting to spend more time with my dog has been a huge plus! (Since lockdown he's been promoted to my personal assistant and has won employee of the month for 4 months straight, and will be getting plenty of treats).

## **How has COVID-19 affected your day-to-day role?**

**Matt:** COVID-19 has certainly brought about some new challenges. We needed to react quickly to have gel packs and eskies readily available to support the unprecedented increase in demand for home delivery. We have fantastic relationships with our suppliers, and we really needed to rely on those partnerships over the last few months as forecasting and planning has been a huge challenge. Moving to online negotiations and discussions was a big change and a new way to do things.

**Raj:** At the beginning of COVID-19, when our active levels dropped we had excess stock which then required us to cancel/change some orders and then as things picked up, we needed to place more orders so that we don't run out. It has been challenging and very interesting too, keeping us on our toes!

**Darrich:** During the past few months, COVID-19 has thrown supply and demand for food, eskies and gel packs out of the norm which created more work to complete in a shorter amount of time for orders and deliveries. We then needed to change the schedule and try to get the forecast right without much data to go on.

# The NUMBERS

APRIL – JUNE 2020

We are so proud of the efforts that our staff are putting in to ensure that we can make it through the current COVID-19 environment. We want to make sure you are all taking the time to celebrate all of your incredible hard work – always remember to focus on the small wins along the way (it's about the journey, not the destination after all)!

## AUSTRALIA

### HIGHEST DEPOSITS BY

*Centre*

HOBART - \$373K  
MOONEE PONDS - \$356K  
CAIRNS - \$309K

### TOTAL FOOD DEPOSITS BY

*Consultant*

LEANNE DOROTHY - TOWNSVILLE - \$112K  
SOPHIE - NORTHCOTE - \$108K  
JANE - HOBART - \$108K

## NEW ZEALAND

### HIGHEST DEPOSITS BY

*Centre*

CHRISTCHURCH - \$385K  
NEWMARKET - \$268K  
ALBANY - \$266K

### TOTAL FOOD DEPOSITS BY

*Consultant*

PAULA - PAKURANGA - \$141K  
MAREE SUE - ALBANY - \$128K  
SHARON - LOWER HUTT - \$109K

# BIRTHDAYS

Happy Birthday to those who celebrated their birthdays between April – June 2020

## APRIL

Adile - Penrith	Melek - Miranda
Alison - Northcote	Nidhi - National Support
Amanda Marie - Christchurch	Paula - Pakuranga
Bernadette - Geelong	Rischelle - Morayfield
Carley - Maitland	Ryan - Rockhampton
Deborah - Robina	Sharon - Townsville
Deryal - Moonee Ponds	Sonia - Mt. Waverley
Donna - Ballarat	Tahlia - Robina
Gay Louise - Frankston	Tracey - Dee Why
Gillian - National Support	Twinkle - Ryde
Jacqueline - Tauranga	
Jo - National Support	
Jody - Morley	
Joshua - National Support	
Julie - Kotara	
Juliette - Robina	
Karina - National Support	
Lisa - Ballarat	
Marilyn - National Support	
Mel - Port Macquarie	

## MAY

Alison - Mildura	Loryn - Manukau
Amy - Hobart	Nadine - Albany
Angela - Bondi	Natalie - Port Macquarie
Arbenita - Moonee Ponds	Patricia - Kogarah
Carmen - Campbelltown	Paulene - Stirling
Danielle - Helensvale	Petrina - Mackay
Denise Jane - Castle Hill	Raelene - Bondi
Elysha - Belconnen	Rose - Lower Hutt
Esat - Bondi	Rossalyn - Maitland
Frances - Miranda	Sheryll - Chermerside
Jen - Dunedin	Stacey - Midland
Joanna - National Support	Sue - Pakenham
Joanne - Pakenham	Susan Lynne - Maroochydore
Julie - Maroochydore	Susanne - Bundaberg
Kara - Traralgon	Tamara Mary - Rockhampton
Karli - Bunbury	Tammy - Emerald
Kathryn - Christchurch	Tanya - Modbury
Krystal-Lee - Campbelltown	Taryna - Midland
Lea - Toowoomba	Vivienne - Lower Hutt
Leah - Wellington	Yvonne - Prahran

## JUNE

Akash - National Support	Emma - Unley
Alexandra - Chermerside	Erin - Frankston
Alexine - Newmarket	Georgia - Launceston
Amanda - Newmarket	Hayley - Dunedin
Amy - National Support	Hayley Joy - Papamoa
Carol - Wellington	Janaya - Nelson
Colleen - Whangarei	Julie - Rotorua
Darlene - Toowoomba	June - Chermerside
Dee - Cannington	Kelly - Traralgon
Denise - Geelong	Kim - Erina

Kim - Joondalup	Natalie - Campbelltown
Kirsty - Joondalup	Pia - Carina
Klara - Springwood	Sascha - Ringwood
Kristy - Albany	Sharon - Lower Hutt
Lesley - Pukekohe	Tania - Tamworth
Lisa - Cairns	Tanya - Frankston
Megan F - National Support	Tatiana - Chatswood
Meredith - Cheltenham	Tracy - Shepparton
Michele - Joondalup	Ye - National Support
Michelle - Whangarei	

## WELCOME TO THESE NEW STARTS

Dafne - Mt. Waverley	Lisa-Marie - Burwood
Fiona - Napier	Riston - National Support
Kaitlyn - Frankston	Tessa - Papamoa
Laurelle - Wellington	Tina - Whangarei

# ANNIVERSARIES

Congratulations to these members of the Jenny family who celebrated these milestones, between April - June 2020



**KERRY - PRAHRAN**  
5 YEARS SERVICE



**ANAMARIE – CHRISTCHURCH**  
9 YEARS SERVICE



**TRACEY-ANNE - HELENSVALE**  
25 YEARS SERVICE

*5 Years*

CAROL - TAURANGA  
CAZZ - BENDIGO  
JESSICA - PRAHRAN  
KERRY - PRAHRAN  
KRISTY - KOGARAH  
MELANIE - NEW PLYMOUTH  
MICHELLE - STRATHPINE  
PIA - CARINA

*7 Years*

ALISON - FRANKSTON  
JASMINE - NATIONAL SUPPORT  
VIKI - FRANKSTON

*8 Years*

ANGELA - NATIONAL SUPPORT  
CATHY - MILDURA  
EMMA - BURNIE  
JESSICA - KOTARA

*6 Years*

ANH - NATIONAL SUPPORT  
CAROL - WELLINGTON  
JOANNA - BURWOOD  
REBECCA - BELCONNEN  
SASCHA - RINGWOOD

*9 Years*

ANAMARIE - CHRISTCHURCH  
CAROLINE - DEE WHY  
JO - NATIONAL SUPPORT  
SANDRA - RINGWOOD

*10 Years*

MICHELLE - WOLLONGONG  
SALLY - PARRAMATTA  
SANDRA - KNOX  
WENDY - NATIONAL SUPPORT

## OVER 10 YEARS OF SERVICE

11 Years - Colleen - Whangarei  
11 Years - Kate - Mt. Waverley  
11 Years - Suzanne - Wagga  
12 Years - Julie - Maroochydore  
12 Years - Tracy - Shepparton

13 Years - Fiona - National Support  
14 Years - Ana - Springwood  
15 Years - Susanne - Bundaberg  
16 Years - Wendy - Wangaratta  
17 Years - Tanya - Wellington

25 Years - Tracey-Anne - Helensvale  
30 Years - Coral - Knox  
32 Years - Lynette - Launceston  
33 Years - Joanna - National Support

# Consultant in focus

## VANESSA RICKS

MARION AND MORPHETT VALE CENTRES, SA



### 1 How did you get started with Jenny Craig?

The universe has a way of placing you on a path that you may not have considered and yet aligns perfectly with one's morals and philosophy. I also had thorough one on one training before I had my first consultation which allowed me the knowledge and confidence to take my first steps.

### 2 Tell us about your time with Jenny Craig?

Never a dull moment. Being part of a dedicated team, with a strong willingness to motivate and help others has been very rewarding.

### 3 Where did you grow up?

My childhood years were spent growing up in the suburb of Hallett Cove Beach, southern parts Adelaide. However, I'm still growing up. I believe that once you start thinking you have grown up, you become old very quickly.

### 4 What are you most passionate about in your role?

To be honest, it's hard to single out one thing. Actively taking part of someone's unique JC journey is very humbling. You are there through the ups and down, tears and laughter and all the while you learn a little more about yourself in the process which is priceless.

### 5 What do you like to do in your spare time?

Lots of things, there's not enough hours in the day. Searching online for unique retro, mid-century furniture gives me a buzz. Dismantling items to understand how they work and are built the way they are, gives me the creative bug to add my uniqueness to a piece of furniture. I like to take time out on my gaming console. For more therapeutic measures I spend time gardening, bike riding and hiking.

### 6 What is your favourite Jenny Craig snack/meal?

Melting moment followed closely by Pad Thai.

### 7 What is the best way to start the day?

My Nanna used to say, "wash your face with cold water as soon as you get up" - when I was younger I didn't see the value this simple task has, I thought it was just an adult thing. However, she was right as usual - washing your face with cold water not only wakes you up but it releases good endorphins whilst giving your metabolism a little boost.

### 8 What three words would you use to describe Jenny Craig?

**Knowledge:** The training for staff is ongoing and for this we are able to work with our clients to best utilise effective strategies through clear planning and understanding.

**Experience:** Jenny Craig has managed to adapt and learn for over 35 years and are located around the globe - that'll give you some pretty good experience along the way.

**Key:** Because of the above points Jenny Craig is the key to "having the knowledge to successfully, live a healthy life".

### 9 What is your favourite movie and why?

Hmm that's a hard one. An all-out kick ass tough guy/gal movie with Chuck Norris, Arnold Schwarzenegger, Sylvester Stallone and Donny Yen would do the trick. I also like being whisked away to the stars with a good Sci-Fi flick.

### 10 What is your favourite travel destination and why?

Again, hard to answer... France was amazing due to their extensive history which shows in their architecture and dark underground. Whilst our own backyard is stunning. Australia is filled with so many seemingly untouched places, it's like you're the first one to step foot there.



# SSM in focus

## CAROLINE WISEMAN

QUEENSLAND



### 1 How did you get started with Jenny Craig?

When my daughter was 13 years old, she was being bullied at school for being overweight, weighing 89kg. I took her to the Townsville Jenny Craig Centre and she started on the adolescent program and went on her journey to lose 30kg, that saw her blossom into a beautiful young lady and gain confidence.

I then saw an advertisement for a part-time Jenny Craig Consultant and thought "I can do that, I know the program works and I can help change people's lives, like they did with my daughter". I got the job and I was so happy!!

Then we moved to the Gold Coast to live and I started work in the Southport Centre, which at the time was the biggest centre in Australia. I went from part-time Consultant to full-time Sales Consultant. I loved it!

### 2 Tell us about your time with Jenny Craig?

I have worked in a variety of positions in different states and centres over the years:

- Townsville – part-time Consultant
- Southport – part-time Consultant/full-time Sales Consultant
- Ashmore - Centre Leader
- Robina - Centre Leader
- QLD Regional Manager
- SSM WA/TAS/NT
- SSM QLD

### 3 Where did you grow up?

I grew up in South Melbourne, Victoria and moved to Townsville when my three children were very young.

### 4 What are you most passionate about in your role?

I am passionate about helping change people's lives. I love being an SSM because I can help staff be great in their role and empower them to do amazing things, giving exceptional customer service to everyone all the time!

### 5 What do you like to do in your spare time?

I love exercising, spending time with my kids and grandchildren and riding on the back of our motorbike with my husband.

### 6 What is your favourite Jenny Craig snack/meal?

I love the meat pie!

### 7 What is the best way to start the day?

I enjoy going for a walk and jog with my dog around our streets and in the local park for 30-40 minutes, every day.

### 8 What three words would you use to describe Jenny Craig?

Journey, Challenging, Rewarding

### 9 What does a day in the life of an SSM look like?

Never a dull moment in the life of an SSM: One on one contact with centre leaders, training staff to be great at their job, whether WLC's or centre leaders, ensure KPI's and targets are achieved, with focus on daily, weekly reports, inspire centre leaders to achieve their goals, motivate people to dream big and travelling many kilometres each day in the car!

### 10 What is your favourite movie and why?

'Never Ending Story' The story of never giving up. Keep going and achieve wonderful things through the struggle. Stay focused on the end result!

### 11 What is your favourite travel destination and why?

I love Spain - relaxed, laid back and beautiful.

# Marketing Update

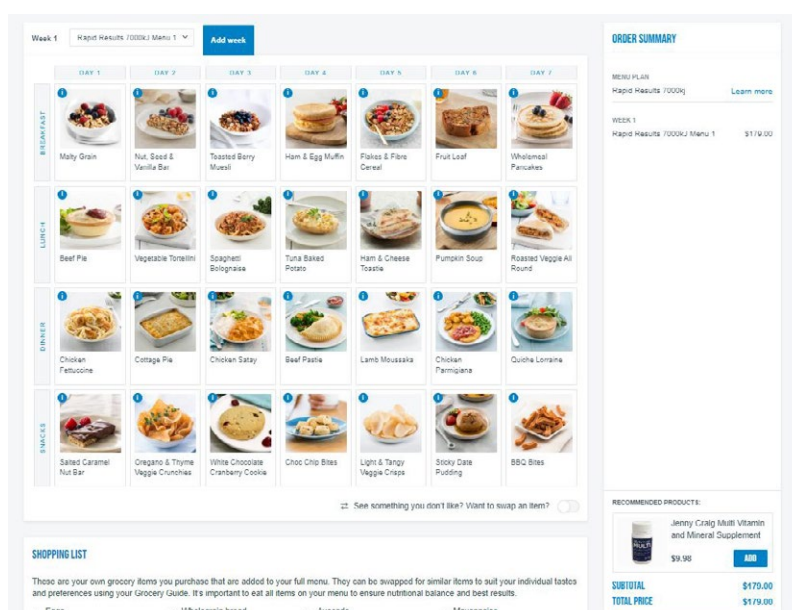
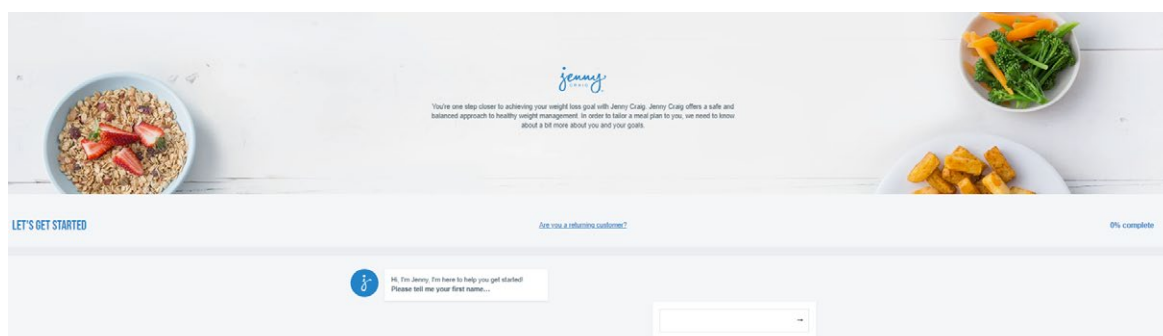
## E-COMMERCE LAUNCH

2020 has been a big year so far for the Digital Marketing Team, with our full e-commerce site launching in Australia on July 15, with New Zealand to launch later this year. This is the culmination of 12 month's effort with our agency Overdose. The importance of e-commerce has obviously grown over the last few years and is especially relevant with the ongoing COVID-19 restrictions.

The site is a digital replication of the in-centre experience. Visitors to the site are greeted with a quiz which is based on the questionnaire they would experience in-centre. The information gathered is used to generate a personalised menu just like they would receive in-centre. Customers are all allocated the Rapid Results menu, except for those with diabetes who are placed on the Classic program.

The visitor then sees their menu and can tailor it by swapping up to five items from the choice categories to their tastes. It's possible for a customer to order up to four weeks of different menus in one transaction, which are all delivered by our partner BeCool.

So far, we've seen great interest, and we will start marketing this solution in the coming months. In addition, we will be enhancing functionality to enable customers to collect their order from their closest centre increasing our delivery areas to cover more of Australia.





# Nutrition Update

## EMBRACING CHANGE

### NZ JOINS THE PRODUCT DEVELOPMENT TEAM

The Product Development Team are very excited to share with you that we have been working with a local supplier in New Zealand to develop four new chicken meals for NZ Centres. Due to current restrictions surrounding import and export of chicken between Australia and New Zealand, our Product Development Team in Melbourne were unable to receive samples of the new meals from the supplier to evaluate.

We would like to give a big shout out to Joanna Cooper and Jacqueline Sorensen, from our Tauranga Centre, for working collaboratively with the Product Development Team and for assessing the new chicken products on our behalf.

Joanna and Jacqueline both embraced change during these very challenging times and stepped in to assist us with this project. We conducted several virtual tasting sessions with them, and during these tastings they tapped into their wealth of experience and knowledge to provide us with excellent feedback about the new product samples, helping us to progress the project very quickly.

Their help will ensure that we're able to launch new chicken meals in New Zealand, with the new local supplier to be introduced later in the year. We will be tapping into their taste buds in the future as we continue to develop new chicken products for New Zealand. Thanks Joanna and Jacqueline for all your support!

We are sure you will be very pleased to know that some of the New Zealand favourites will be returning, so watch this space for further updates from Product Development on when these new chicken meals will be launched!



JACQUELINE (LEFT) AND JOANNA (RIGHT)

### *We love feedback!*

The Product Development Team just loves to hear your feedback – both positive and constructive so we can ensure we continue to develop products our members will enjoy.

**Please email: [ProductDevelopmentAU@jennycraig.com](mailto:ProductDevelopmentAU@jennycraig.com).**

# Be The Brand UPDATE

In July we restarted our monthly Be the Brand email updates, which had been put on hold as we navigated through the challenges of COVID-19. As we now get used to our new 'normal' it's so important to take some time to focus on our own health and wellbeing.

As we reflect on the first half of the year, it certainly hasn't gone as planned so it's a good idea to revisit the goals you set at the start of the year and adjust them as needed for the rest of the year. If you need to start again and set completely new goals, that's ok too. And if you didn't set goals at the start of the year, it's a good opportunity to reflect on what you need for the remainder of 2020 and set some goals now for a positive second half of the year.

Here's a snapshot of the upcoming monthly wellness focuses which may help you with setting some new wellness goals for the second half of 2020.

## AUGUST FOCUS — FRUIT INTAKE

Fruit is packed full of vitamins, minerals, fibre and antioxidants that are needed for good health. Variety is the key to getting the most out of fruit so enjoy different types and colours as they all bring something different nutritionally. The challenge in August is to see how many days you can get your 2 serves of fruit in. This may be challenge for some, and for others you may already be getting your 2 serves of fruit so you might like to focus on trying new fruits or new ways of preparing fruit this month. And if you can, buy from local growers to support your local businesses.

## SEPTEMBER FOCUS — INCREASING STEPS

In September, as the weather starts to improve across some areas of Australia and New Zealand, it's a great time to get moving and increase your steps. Just by walking more you can increase your fitness, strengthen bones, boost muscle power, reduce your risk of heart disease, diabetes and some cancers and improve your mood, concentration and help manage stress and anxiety.

September's challenge is to see how many days you can achieve at least 7,500 steps. If you're already doing this, why not set yourself a bigger challenge to add even more steps to your day.

The annual September Challenge is a great way to motivate and challenge yourself along with family and friends and raise money for a good cause at the same time.

**Check out the website for more:**

<https://www.september.org.au/>

<https://www.september.org.nz/>

Look out for your monthly Be the Brand update emails. You can also find all the Be the Brand resources here: *L:\Be The Brand\2020 Wellness Program*





# Success **STORIES**

## MEET *Shaun* NOW



*Before*  
**LOST 20KG<sup>^</sup>**

<sup>^</sup>Individual results may vary



**CLIENT: SHAUN**  
**CENTRE: PRAHRAN, VIC**  
**WEIGHT LOSS: 20KG**

**CONSULTANT: BELINDA,  
JESS & SIMONE**

### Why did you choose Jenny Craig?

I joined Jenny Craig after I started to get comments about my weight and people saying, "I had been in a good paddock". My wife and I had lunch with two friends before Christmas and the first thing they said to me was a comment on how much weight I had gained. The next morning was the clincher I got on the scales and for the first time in my life I was over 100kgs. I decided then it was time to make a change.

### How do you feel now?

Since dropping the weight, I have been shopping and buying clothes for all the right reasons. The suit I wore on my first visit (I nick-named my Jenny suit) swims on me now and I can't wear it. It was tight when I first started, now if I put it on it looks like I am wearing someone else's clothes.

### Do you have a standout moment on the Jenny Craig program you'd like to share?

I looked at my reflection in a window and didn't recognise myself. The stomach was gone, I was standing up straight and not self-conscious. One of the best things is that I am making good food choices when I am out for dinner, visiting friends or just feeling lazy. I reduced my goal weight by another 4kgs at about 12 -13 weeks in. When I reach my final goal, I know Jenny is going to be there for maintenance and support.

## MEET *Sandra* NOW



*Before*  
**LOST 38KG<sup>^</sup>**

<sup>^</sup>Individual results may vary



**CLIENT: SANDRA**  
**CENTRE: PAPAMOA, NZ**

**WEIGHT LOSS: 38KG**  
**CONSULTANT: HAYLEY**

### Why did you choose Jenny Craig?

I knew I had to do something about my weight, I knew I needed some form of help, I thought about Jenny Craig for two weeks when I saw the advert on TV. I just needed to get the courage to do it. I walked into the Papamoa centre and Hayley was so welcoming. I signed up then and there and started my weight loss journey.

### How do you feel now?

Fantastic, fitter, I'm cycling 34 km now 3-6 times a week, I go shopping and go straight to the smaller clothes, it feels really good. It's a real personal satisfaction reaching my goal. I walk with confidence now, hold my head up high and even wear shorts!

### Do you have a standout moment on the Jenny Craig program you'd like to share?

Reaching halfway was a milestone, reaching the goal was out of this world, it was worth every day, every week, every month.



[jennycraig.com.au](http://jennycraig.com.au) | [jennycraig.co.nz](http://jennycraig.co.nz)