

Do something today that your future self will thank you for.

TIPS FOR THE WEEK

PLATE IT UP

Wherever you can, always try to serve your food up on a plate. It helps your brain register how much you're eating. Make meal time a sacred time, and remember to eat slowly and savour every mouthful.

HYDRATE WITH WATER

If you're feeling hungry, try having a glass of water before you eat. Sometimes you might think you're hungry when you're actually thirsty!

SHOP SMART

Did you know? When you shop on an empty stomach you're more likely to fill your trolley with unwanted items. Always have your Jenny Craig meal before you go!

WHY WATER?

Water is essential for life as every cell, tissue and organ in our body contains water. Water:

- » Assists with the digestion and absorption of nutrients
- » Maintains the health and integrity of every cell in the body
- » Allows waste products to be removed from the body
- » Hydrates the skin to help maintain its texture
- » Carries nutrients and oxygen to all cells in the body
- » Regulates body temperature

Water is kilojoule-free and is the best fluid to hydrate your body.

Struggling to drink water? Try these tips!

- » Keep a bottle or glass of water on your desk at work
- » Keep a bottle of water in your bag for when you're out and about
- » Place a jug of water on the dinner table each night
- » Flavour your water with a squeeze of fresh lemon or lime or add ice cubes to your water made with fresh fruit
- » Give one of our infused water recipes a try!

Citrus Splash

Ingredients

1 small cucumber 1 orange
2 limes Mint leaves
1 lemon 1-2L water

Method

Slice all of the ingredients and place in the bottom of a water jug and fill with water. Place in the fridge for 4 hours before drinking.

Grocery count: 1 Fruit serve

Berry Fizz

Ingredients

1 cup strawberries
1 lime
1-2L soda or sparkling water

Method

Slice the strawberries into 3 pieces. Slice the lime into wedges and place all ingredients in a water jug. Fill with soda water and refrigerate for 4 hours before drinking. If you would like it sweeter, add more strawberries and only half of the lime.

Grocery count: 1 Fruit serve

Always remember that we're here to support you, no matter what life throws at you! It's realistic to have challenges along the way and weight loss is never easy. We're here to support you, every step of the way.

FREE FOOD RECIPE INSPIRATION!

Balsamic Roast Vegetables

Ingredients

1 cup mushrooms, halved
1 cup red capsicum, roughly chopped
1 cup green capsicum, roughly chopped
1 zucchini, roughly chopped
1 eggplant, roughly chopped
1 onion, sliced into wedges
2 tbsp balsamic vinegar

SERVES
4

Method

1. Preheat oven to 180°C. Place prepared vegetables onto a lined oven tray and drizzle with balsamic vinegar.
2. Bake in the oven for 30 minutes, turning after 15 minutes.
3. Transfer to a bowl to serve.

Enjoy!

For more recipe inspiration and next week's menu visit the Client Resource Centre

AU jennycraig.com.au/clientresources
NZ jennycraig.co.nz/clientresources

If you ever feel like quitting, think about why you started.

TIPS FOR THE WEEK

MOVE MORE, SIT LESS

Sedentary minutes can add up quickly! Be aware of how much time you spend sitting and find ways to move more throughout the day.

STRIVE FOR PROGRESS, NOT PERFECTION

If you've had a lapse with your healthy eating habits, it's not the end of the world. Think of a lapse as an opportunity to plan how you can better manage the situation next time. Focus on how far you've come and what you've learnt along the way. The only way is up!

REMEMBER YOUR 'WHY'

Remind yourself of the importance of your goal and why you've made this commitment. Celebrate your little successes every week, as every step forward brings you one step closer to your goal.

GET MOVING

Being active has so many benefits – not only does it help with weight management, it also helps to improve energy levels, strength and stamina, increase bone density and reduce the risk of heart disease and Type 2 diabetes. Being active also helps to improve your mood and can help you sleep better too!

If you're doing nothing, start with something and if you're doing something, do a little bit more!

DOING NOTHING?

Build on some natural activity

- » Take the stairs
- » Get stuck into housework
- » Get into the garden
- » Leave your car at home and walk to the shops
- » Park further away from your destination

Be playful

- » Dance
- » Swim
- » Play catch or Frisbee

Be active with others

- » Walk the dog with the family
- » Go for a bike ride
- » Enjoy a game of backyard cricket

DOING SOMETHING?

Get into cardio

- » Walk or jog
- » Cycle
- » Swim
- » Take the stairs
- » Try a new sport, like tennis

Add some resistance

- » Use resistance cords, hand weights or a Swiss ball
- » Try Pilates
- » Try a strength class

Don't forget to stretch (and breathe)!

- » Try yoga
- » Try Tai Chi
- » Try meditation

Most importantly, choose activities you enjoy and have fun!

TRACK YOUR STEPS

Keeping track of the number of steps you do each day can be a really useful tool to check your baseline activity levels and motivate you to move a bit more. It's easy to do if you have a pedometer or a fitness tracker (most smartphones will track your steps too). Each day record your number of steps in the 'Activity' column on your menu. At the end of each week challenge yourself to increase your steps the following week. For example, if you averaged 5000 steps per day, try to increase to 6000 the next week.

For more physical activity inspiration take a look at the Physical Activity booklet

Weight loss is a journey and with your Jenny Craig program and personalised Consultant, you'll create new habits and a healthier lifestyle while achieving your weight loss goals.

FREE FOOD RECIPE INSPIRATION!

Carrot and Ginger Soup

Ingredients

- 1 onion, chopped
- 5cm piece fresh ginger, chopped
- 2 garlic cloves, peeled
- 1kg carrots, chopped
- 1 tsp cumin
- small handful of fresh basil, coriander or dill (optional)
- pinch chilli flakes (optional)

SERVES
4

Method

1. Simply pop the onion, ginger, garlic, carrots and cumin in a large pot. Cover with water and bring to the boil.
2. Simmer gently over low heat until the vegetables are soft and a fork can easily pass through them.
3. Blitz in a food processor or blender with the basil until smooth.
4. Serve with a sprinkle of chilli flakes.

Enjoy!

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