

Jenny Craig®

more than just a diet.

Jenny Craig's unique approach can help you achieve your weight loss goals — and you'll learn to make healthy lifestyle changes like consistent physical activity, stress management and setting up a support network.

It's a Comprehensive Plan for Food, Body and Mind addressing the three key areas critical to effective weight loss:



FOOD A Healthy Relationship With Food

First, you'll learn portion control and healthy eating habits with Jenny Craig's delicious and nutritious menu.



BODY An Active Lifestyle

Second, you'll gradually increase your physical activity with a program that is personalized to your lifestyle and activity level.



MIND A Balanced Approach to Living

Finally, your personal Jenny Craig Consultant will help you stay motivated and you'll learn how to create more balance in your busy lifestyle.



Marty and Wendy B. lost over 221 lbs* together!



Before

Even minor weight loss can benefit your health!

Customized for Your Lifestyle

You can meet with your consultant in-person in a local centre, or enjoy the convenience and privacy of Jenny Craig At Home. Either way, you'll get the personal attention and support you need to be successful in achieving your weight loss goals!

*Clients following our program, on average, lose 1-2 lbs per week.

Get Started! It's as easy as 1, 2, 3 —

1 Go to www.jennycraig.com/corporatechannel/tmliebp.aspx for your special offer coupon.

2 Print your coupon, and bring it with you to your **FREE** consultation.

3 Call **1-800-96Jenny** to find your nearest **Jenny Craig Centre** or to learn more about **Jenny Craig At Home**.