

Spring Tips from Jenny Craig®



The three cornerstones of Jenny Craig's safe approach to effective weight management are **Food**, **Body** and **Mind**. Below are a few tips from these components to support you as you spring into summer!

Food ~ Developing a Healthy Relationship with Food~

- * Enjoy seasonal fruits and vegetables to add variety and satisfaction, especially if you're feeling hungry between meals. Letting yourself get too hungry causes a drop in blood sugar and can lead to bingeing. Before heading out to an event, reach for a healthy snack of fruit or vegetables to help you manage temptations and consume less calories.
- * Enjoy the pleasure of eating. It takes 20 minutes for your brain to register that your stomach is full. Slow down to savor the flavor and you're much less likely to overeat.
- * Bring portions back into balance by using visual cues: a deck of cards equals a serving of meat or poultry and a tennis ball equals a starch or fruit serving. Serve individual plate's restaurant style instead of family style, make portions look larger by using smaller plates and keep serving dishes in the kitchen.

Body ~ Building an Active Lifestyle~

- * When it comes to burning more calories, if you're intimidated by the word "exercise", focus on increasing your "activity", and remember to do a little more today than you did yesterday. Every move counts!
- * Grab your walking shoes and hit the pavement, beach, or trails. Instead of focusing on how far you need to walk, pay attention to the unique sights, sounds and smells of spring. You'll feel rejuvenated by the time you return home.
- * Focus on playful activities with your family. Instead of watching TV after dinner, take a family walk or bike ride around the block to burn calories and spend quality time together. Plan a family weekend trip to the zoo – the kids will love learning about the animals and everyone will benefit from physical activity in the process.

Mind ~Developing a Balanced Approach to Living~

- * Adopt a fresh new attitude. Just like a gardener can retrain a vine to grow in a new direction, so can a negative, judgmental thinking style be guided along a positive self-accepting path.
- * Resolve to succeed by setting realistic goals. Small changes like adding one fruit or vegetable to your typical diet or using a pedometer to build an extra 200 more steps into your day, can add up to big results over time.
- * If things didn't go exactly as you wanted or had planned, instead of looking for what you did wrong, focus on what you did well and how you can strengthen your success for the future.

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