

Life Is More Than A Number On A Scale

A Q&A With Weight Loss Guru Jenny Craig

(NAPSA)—Jenny Craig may have recently sold her remaining shares in the company that bears her name, but she's still as dynamic, charismatic and energetic as she was when she entered the weight loss industry 47 years ago.

At 74 years young, she embraces the same healthy, active lifestyle she initially modeled for her clients when she and husband Sid opened their first Jenny Craig Centre in Melbourne, Australia in 1983. She walks four miles on the beach each morning and enjoys spending time with her children and grandchildren, traveling, golfing and savoring life in beautiful Southern California.

How did you first get involved in the weight loss industry?

During my pregnancy with my second daughter, I gained more than 50 pounds. As I lost my remaining 30 pounds at a local gym, I noticed how many women changed their whole demeanor as they lost weight. They became more lively, confident and proud of their appearance. I've been in the weight management industry ever since.

What is some of the best advice you've ever received?

My dad always told me, "You can do anything or be anything you want if you want it bad enough and are willing to work for it." That has been a lifelong mantra that has propelled me upward to bigger and better goals along the way.

What makes the Jenny Craig Program unique?

Our clients receive individual attention from the moment they walk through our doors. Their personal consultant monitors their results, offers helpful strate-



Jenny Craig's food/body/mind approach has helped millions lose weight and live healthier lives.

gies and provides the moral support necessary to achieving their goals. Also, our Jenny's Cuisine makes healthy meal planning a no-brainer.

What has been your proudest achievement?

Other than my children and grandchildren, my biggest accomplishment is having helped millions of people not only lose weight but lead healthier and happier lifestyles.

I knew that with a lot of hard work, dedication and commitment, Sid and I could create the best method of weight loss in the country. I am proud to say that according to the many testimonials we receive each day, we've achieved that goal.

What would surprise people to know about you?

Probably that I'm 74 years old, have five children and 13 grandchildren, and remain energetic, enthusiastic and always looking for new challenges, places to go and things to learn. Life is to be enjoyed and I treasure each and every day.