



## Wyndham Leader

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WERRIBEE

# Thumbs up for Jenny

A POINT Cook truck driver has swapped his fast food for healthy meals after joining the Jenny Craig Centre in Werribee.

Mario Manaena saw himself constantly gaining weight due to spending days sitting in his truck driving and regularly buying fast food on the go.

But, at 54 years old and with two children and three grandchildren, Mr Manaena knew he had to change his lifestyle.

He has lost 13kg since joining the Jenny Craig Centre in Werribee in May. He aims to lose a whopping 50kg.

Mr Manaena said his diet now consisted of pre-prepared meals which, along with walking 8km a day, made it easier to play with his grandchildren.

“Jenny Craig has given me the freedom to work and not worry about getting my usual insatiable hunger pains that led me to eating things like kebabs and burgers,” Mr Manaena said.

Jenny Craig Werribee is at 75 Watton St, Werribee.

For details visit [jennycraig.com.au](http://jennycraig.com.au) or phone 9741 0400.



Mario Manaena has lost 13kg after going to Jenny Craig Werribee.

Picture: ANDREW HENSHAW