

SHANE SHAPES UP

Funnyman Shane Jacobson is giving himself a makeover for 2011. The co-host of *Top Gear Australia* joined the Jen4Men weight-loss program two weeks ago and hasn't looked back.

"I come from a proud family of big, strong men," says the Jenny Craig ambassador (left). "But last year when I hit 40, my doctor said I had to do something about my blood pressure and cholesterol, so now it's about eating lots of small meals throughout the day instead of the big dinner I shared with my partner at night."

Sydney dietitian Josephine Mollica has checked what Shane has in his fridge (left) and offers her thoughts.

"Low-fat milk is great," she says. "And mineral water is a good way to keep hydrated. Fresh eggs are ideal and it's fantastic to see Shane makes his own salad dressings. Lean red meat is high in iron, protein and zinc – but he should eat more fruit, perhaps instead of orange juice."

WHAT'S IN MY FRIDGE

- Coffee beans... I love a latte!
- Low-fat milk
- Mineral water
- Orange juice
- Beer & white wine
- Camembert cheese
- Eggs... my neighbour delivers us fresh ones each week.
- Mushrooms
- Spinach
- Balsamic vinegar... I make my own salad dressings.
- Chicken
- Scotch fillet & Porterhouse steak
- Red chilli dip
- Capers... I love adding them to salads.



I'M ALREADY HALFWAY TO MY GOAL WEIGHT

Shane Jacobson is rapidly shedding the kilos, and tells JACKIE BRYGEL he has no intention of slowing down

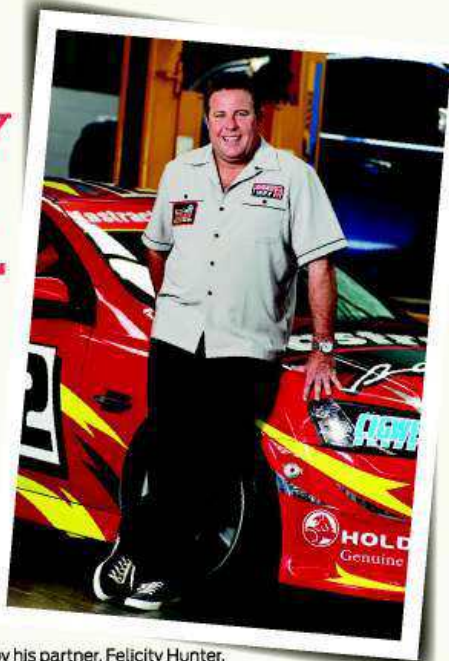
He made us laugh as Australia's favourite portaloos plumber, Kenny. And now Shane Jacobson is wearing the biggest smile of all, having already lost 10kg in his battle with the bulge.

Just two months after Shane weighed in at 126kg as the new celebrity face for Jenny Craig, the host of TV's *Top Gear Australia* is right on track at the halfway mark to his new goal of a 20kg weight loss.

"I'm now down about four or five holes in my belt, and I have shirts that are too big for me," Shane says proudly. "My blood pressure and cholesterol are in check again.

"Originally I was going to lose 15 kilos, because that's all I thought I could lose. But once I started on the program, it just gets easier and easier. So I'm going to go for 20 kilos. Who knows where it'll stop?"

Shane, who now enjoys long, brisk walks several times a week, reveals his newly trim look hasn't gone unnoticed



by his partner, Felicity Hunter.

"She said at the very start of this, 'I love you however you are', but I have noticed that she now says more often, 'Wow! You look great in that,'" he says.

And with a recent study showing that Aussie men are more likely than their female partners to be overweight, Shane has launched Jenny Craig's Mates In Every State program, in which he's calling on our blokes to join him on his mission to drop the kilos.

One "mate" in every state will be offered the chance to meet Shane, and be part of the Jen4Men program at no cost.

Go to www.matesineverystate.com.au for further information.