

THE **D**+ANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

Welcome to The Daniel Plan!

The Daniel Plan is a groundbreaking program that will equip you with practical tools and resources to bring health into every area of your life. The Daniel Plan was built with “love” as the motivation. It’s a reflection of God’s love for us. It’s a story of abundance, not deprivation. A step by step approach that helps you make small changes that lead to big results. Your journey is one of progress, never perfection.

Cleveland Clinic is committed to building a healthier community and we look forward to supporting you on this journey to healthier living with the Daniel Plan. This lifestyle program lasts 40 days and is founded on biblical principles to help you live life more abundantly as God intended. Five (5) essentials cover the body, mind and soul connection: **Faith, Food, Fitness, Focus, Friends**. Rick Warren, pastor of Saddleback Church and founder of the Daniel Plan, worked with several doctors including Dr. Mark Hyman, Director of Cleveland Clinic's Center for Functional Medicine, to create this healthy lifestyle program. Throughout the first year of The Daniel Plan, over 15,000 people collectively lost over 250,000 pounds.

Over the next six weeks, you’ll gather with friends to study the Five Essentials of The Daniel Plan. We’ll conclude with a session on Living the Lifestyle, which offers practical help on sustaining the healthy changes you’ve made. Your tentative weekly schedule is as follows:

Pre Health Screening

Week 1: Faith: Nurturing Your Soul

Week 2: Food: Enjoying God’s Abundance

Week 3: Fitness: Strengthening Your Body

Week 4: Focus: Renewing Your Mind

Week 5: Friends: Encouraging Each Other

Week 6: Living the Lifestyle

Post Health Screening

Complimentary Pre and Post health screenings are provided on behalf of the Cleveland Clinic and Cleveland Clinic Akron General. Testing includes Weight, BMI, Fasting Glucose, Blood Pressure and a Full Lipid Panel. The results will provide you with an opportunity to directly compare your current health status with your outcomes and progress with The Daniel Plan.

For more information visit www.danielplan.com

Best of luck!

The Cleveland Clinic Daniel Plan Team