



Transform Your Health!

40 Day Food and Fitness Fast

Feb 26-Apr 6, 2023

• What is the “Be Ye Transformed: Food and Fitness Fast”?

- The Be Ye Transformed: 40 Day Food and Fitness Fast is a spiritual fast modeled after the Daniel Fast and Jesus’ 40 day fast, that incorporates a lifestyle change. Its origins come from the Old Testament prophet, Daniel, who underwent a 21 day fast from meat and pleasant foods (Daniel 10:2-3) as well as Jesus’ 40 day fast found in the New Testament (Matthew 4:1-11). For the spiritual part of the fast, some people choose to focus on prayer and meditation, or other things like positivity, not procrastinating, not complaining, gratitude or other spiritual/psychological goals.
- The Be Ye Transformed: 40 Day Food and Fitness Fast is a **spiritual fast** that incorporates a lifestyle change (restricting certain foods) with a focus on consistent fitness. The nutrition part is essentially 40 days of a predominately whole-food, plant-based lifestyle and the fitness part builds you up to 30+ minutes of daily movement.

• Benefits of the fast with Lifestyle Med Revolution?

- Applying spiritual strength to make lifestyle changes
- Experience less bloating, reflux and joint pain, easy stooling, weight loss, more mental clarity, improved exercise ability and improved mood
- Become more mindful about what you eat and your fitness activity
- Expertise in the field of lifestyle medicine and health coaching for success
- Amazing group support!

• After the fast:

- **We won’t leave you hanging! This is not a diet, but a lifestyle change!**
- Continued group support, prayer, events, book clubs and more with a subscription or 1-on-1 consultation or health coaching with Lifestyle Med Revolution

Interested? Get registered at the link below:

<https://linktr.ee/lifestylemedrevolution>

Remember to check with your health care provider before beginning this or any fast, especially if you have pre-existing health conditions and are on medication and if you don’t exercise routinely or get chest pain or short of breath!