

What is The Daniel Plan?

The Daniel Plan is a groundbreaking healthy lifestyle program founded on biblical principles and focused on *The Essentials: Faith, Food, Fitness, Focus and Friends*. The program offers an innovative approach to achieving a healthy lifestyle where people get better together by optimizing their health in each of these life areas. Each essential supports and influences the others, offering a practical step-by-step approach for anyone to follow.

The essentials of Faith and Friends are what we call the “secret sauce” that makes The Daniel Plan so effective. The program benefits are accelerated when done in a supportive community of friends because God designed us to thrive in relationships. We have learned that the process of getting healthy and staying healthy relies on the support and encouragement of friends. With the support of God and your group, you have far more than willpower helping you to make positive changes so you can be consistent and sustain your new healthy lifestyle.

The overarching message of The Daniel Plan is about abundance, not deprivation, and this is why the plan is both transformational and sustainable. The Daniel Plan teaches a step-by-step approach and offers simple ways to incorporate healthy choices into your current lifestyle. Throughout the program you are encouraged to rely on God’s power, and the application of dependable biblical principles.

Classes will be as follows:

Tuesday, 6:30-8:00 p.m.

Thursday, 10:30 a.m.-noon

Sunday, 1:00-2:30 p.m.

Cost for the class materials is \$20.00, payable to St. Paul UMC. The classes will be taught by Elizabeth Elsasser, and you can email her for more information at beths442@gmail.com