



# The power of plants

## Take the **free** 30-day challenge

The Corewell Health Lifestyle Medicine Team invites you to take the **30-day Plant Powered Challenge** from **January 6 to February 5, 2025**. You'll be empowered with the knowledge and tools to create lasting change on your journey to better health.



Eating a whole foods plant-based (WFPB) diet has been shown to prevent and help reverse a variety of conditions, including high blood pressure, heart disease, diabetes and excess weight. There's even evidence that it can reduce the risk of certain types of cancer.

### What is a WFPB diet?

- A diet focusing on whole, minimally-processed plant foods, including: vegetables, fruits, whole grains, nuts, seeds, beans, legumes, herbs and spices.
- Avoiding or decreasing the intake of added sugars and animal-based foods like meat, fish, eggs and dairy.

### What you can expect:

- Learn science-backed benefits of a WFPB eating plan.
- Have fun experimenting with weekly nutrition challenges.
- Be inspired by patients who have transformed their health.
- Join cooking demos to increase your skills and confidence in the kitchen.
- Get support for lasting change from health coaches and community leaders.

### Why sign up?

- It's **free** and open to everyone.
- It meets you where you are and teaches you how to add more whole, plant-based foods into your diet.
- In 30 days, you'll learn about how a WFPB diet can help you maintain a healthy weight, increase energy and prevent disease.
- It's the perfect way to kick off 2025 and your journey toward your healthiest self.



**Sign up by January 6, 2025.**

Take full advantage of the plant powered challenge.

