

## Daniel's Diet: 10 Days To Look And Feel Great



**Join us as we launch this exciting activity again this year, which is a simple, interactive challenge to eat food that is both healthy and tasty.** This challenge is usually done with church members, by families, or on the job as a simple way to start the year right. This 10-Day Daniel's Diet Health Challenge has both physical & spiritual aspects.

### Physical

- Use the suggested [Daniel's Diet recipes](#) for 10 days or prepare your own recipes from the four plant-based food groups.
- Participate in 30-60 minutes of [moderately intense walking](#) 5 or more days a week. This daily time can be done all at once or in 10- or 15-minute segments. Having a pedometer and a walking buddy are strongly encouraged.
- Drink 8-10 glasses of [water](#) daily.

### Spiritual

- Get a prayer partner and read through the Daniel's Diet companion booklet: "Lessons for Life from the Prophet Daniel" during the 10 days. (This will soon be available on [nechealth.org](#)).
- For each participating church member, invite three non-Adventists friends to participate in the Daniel's Diet.



"This was a wonderful experience for me. I prayed to God for help in the new year. Since I started the Daniel's diet, I have more energy and I'm not snacking as much.... This was a wonderful experience for me. And I just pray to the Lord that I continue this way." *Veronica*

"I'm not officially on the diet, but through my parents I've begun to eat healthier. I have tried 3 of the recipes, all 3 were good. I tried the almond and sunflower cereal and it went great with my porridge. I've stopped eating sugary cereals and replaced it with fruit and nuts. Finally, it has cleared my head. In school we just started the midterms, and the 1st 2 exams were a breeze." *Andre, 14-years-old*

