15-Day Whole-Food Plant-Based Jumpstart Program

You have the power to improve your health, once and for all.

• Lose weight, lower cholesterol and feel better in two weeks!
• Takes place via facilitated Zoom meetings, including 3 primary sessions, cooking demo, and 2 mid-week check-ins.
• Best part - no restrictions on the amount of healthy food, no measuring or weighing food, no calorie counting, and no macronutrient (carbs, protein, fat) tracking!
• This $299 program is $199 with a medical provider referral.

RLMI Jumpstart Average Recorded Results

<table>
<thead>
<tr>
<th>weight loss</th>
<th>systolic blood pressure</th>
<th>total cholesterol</th>
<th>LDL cholesterol</th>
<th>fasting glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>-5.8 pounds</td>
<td>-6.8 points</td>
<td>-26 points</td>
<td>-19 points</td>
<td>-5.1 points</td>
</tr>
<tr>
<td>-7.3 lbs. for those with BMI greater than 30</td>
<td>-16.7 points for those with BP over 140</td>
<td>-44 for those with cholesterol over 200</td>
<td>-33 for those with LDL over 100</td>
<td>-28.4 points for those starting in diabetes range</td>
</tr>
</tbody>
</table>

Participants experienced these improvements in just 15 days.

Visit our website or call to get started!
RochesterLifestyleMedicine.org/about-jumpstart
(800) 710-7564 (RLMI) | info@roclifemed.org | @roclifemed

Rochester Lifestyle Medicine Institute