

BECOME YOUR OWN SUCCESS STORY!

# HEALTH<sup>AND</sup> FITNESS SEMINAR

THE **DANIEL** PLAN

Glorifying God in the Way We Eat, Move, and Think!



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**THE <sup>+</sup>DANIEL PLAN**

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# Welcome!

We are excited that you've joined us for this event, either LIVE, online, or watching a recorded version in the future! We hope this morning you gain the tips and motivations to become your own success story, accomplishing the dreams and goals you have for your life!

In your hands, we have prepared "The Simple Six: Core Principles" of The Daniel Plan, designed to be a quick and easy companion guide to refer to whether you're getting started, or down the road on your health journey!

Additional tools, tips, and recipes are available at [www.danielplan.com](http://www.danielplan.com).

## TODAY'S PROGRAM

- 9:00 a.m.      Welcome from Pastor Rick Warren  
Dr. Mehmet Oz  
Panel with Pastor Rick, Dr. Amen, Dr. Hyman, and Dr. Oz  
Celebrate Our Success  
Inside Tips with Pastor Rick, and Special Guests
- 11:15 a.m.      Next Steps  
Introduce "Best Holidays Ever Challenge"

### **SPECIAL ENGAGEMENT – JOIN US SUNDAY NIGHT**

Get a sneak preview of Dr. Mark Hyman's PBS Special about taking back your health! Learn how to reverse the effects of what plagues 50% of Americans, and leave with a clear, personalized plan to take action today. Join us this Sunday, October 23, 7:00-9:00 p.m., in Tent 2.

## FEATURING



### PASTOR RICK WARREN

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Senior Pastor of Saddleback Church and author of *The Purpose Driven Life*.



### DR. DANIEL AMEN

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Author of 24 books, including *New York Times* bestsellers, *Magnificent Mind at Any Age: Change Your Brain, Change Your Life* and *Change Your Brain, Change Your Body*. He is a clinical neuroscientist, a psychiatrist, and world-leading specialist in how the health of the brain leads to the health of the body.

**AmenClinics.com**



### DR. MARK HYMAN

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Author of *New York Times* bestsellers *UltraPrevention*, *UltraMetabolism*, and *The Diabetes Prescription*. He is a world leader in the fields of integrative and functional medicine.

**DrHyman.com**



### DR. MEHMET OZ

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Host of the *Emmy* winning daytime television show, “The Dr. Oz Show.” He is the author of six *New York Times* bestsellers, including, *You: The Owner’s Manuel Workout* and *You: The Smart Patient*. He is Vice Chair and Professor of Surgery at Columbia University, and he performs more than 100 heart surgeries per year. **DoctorOz.com**



# THE **DANIEL** PLAN

Glorifying God in the Way We Eat, Move, and Think!

## THE SIMPLE SIX: CORE PRINCIPLES

*So whether you eat or drink, or whatever you do,  
do it all for the glory of God.*

1 Corinthians 10:31 (NIV)

The Daniel Plan, launched by Pastor Rick Warren in January 2011, is about honoring God by the way we eat, move, and think. Developed with Dr. Daniel Amen, Dr. Mark Hyman, and Dr. Mehmet Oz, The Daniel Plan is as simple as this:



**CONNECT** for Success



**RELY** on God's Power



**EAT** Delicious Whole Foods



**MOVE** Your Way to Health



**THINK** Sharper and Smarter



**HEAL** for Life

This companion guide outlines *the simple six core principles*. We suggest implementing each core principle at your own pace—take them a week at a time or whatever fits you!



## CORE 1: CONNECT FOR SUCCESS

*Two are better than one ...  
A cord of three strands is not easily broken.*  
Ecclesiastes 4: 9–12 (NIV)

Plugging into a community of like-minded people is the proven secret of healing and permanent change! In the first core principle, we encourage you to connect with at least one other person or a small group, to support you on this journey to better health. Additionally, you'll learn about what food to focus on and what numbers you need to know.

- Begin to build a support system for change by asking friends or family to join you. Consider starting or joining a small group Bible study. “We’re better together!”
- Connect with the foods that will help you succeed on the plan. Watch the “Clean Out Your Pantry” video and begin replacing those items with healthy options from the “Good Foods” list online.
- Know your numbers, measuring your height, waist, weight, and blood pressure. Record and enter them into your “health profile” on [www.danielplan.com](http://www.danielplan.com). Consider getting your blood work done and updating your health records. Take a “before” photo to mark the beginning of this journey.
- Additional measurements to consider are your Body Mass Index (BMI) and the Medical Toxicity Questionnaire.

### SUGGESTED REFERENCES

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- |                           |                                    |
|---------------------------|------------------------------------|
| • The Longevity Project   | • Good Foods                       |
| • Clean Out Your Pantry   | • Know Your Numbers                |
| • Understanding the Label | • Self-Tests, Quizzes, and Surveys |



## CORE 2: RELY ON GOD'S POWER

*I can do all things through Christ who strengthens me.*  
Philippians 4:13 (NIV)

The second core principle is about relying on God's power for change and taking bold steps to improve your life. God wants you to be healthy, so changes to how you eat, move, and think are necessary. Ask Him for help, and identify the various ways your life will improve with better health. Don't try to change all by yourself. With God, and one or more other friends, you can do it!

- Begin a "Quiet Time" with God and start to journal your thoughts, feelings, and thoughts on your health. Complete the "One-Page Miracle" to help you identify the right motivation. Commit your ways to God and to the plan.
- Focus on foods that are grown on a plant, not made in a plant. Begin cutting back on processed foods and continue eating and shopping from the "Good Foods" list. For foods to begin avoiding, refer to the "Take a Drug Holiday" article for details.
- Identify simple ways to add exercise to your daily routine. Think of creative ways to enjoy it! Consider getting a workout buddy or join a group class to get started.

### SUGGESTED REFERENCES

Type the titles below into the "Search" tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- Quiet Time
- One-Page Miracle
- Journal Your Journey
- Take a Drug Holiday
- Your Workout Routine — Part 1





## CORE 3: EAT DELICIOUS WHOLE FOODS

*But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank . . .*

Daniel 1:8 (NASB)

Eating healthy isn't about depriving yourself. It's about enjoying the adventure of flavor, variety, and abundance that food can deliver. Eating right will require new choices, new experiences, and discipline. Think of the action steps below as goals to work towards over time.

- Focus on meal timing and composition. Eat smaller meals 5 to 6 times per day. For help, follow the first week of our “Two-Week Meal Plan.” Plan ahead and always have healthy snacks on hand to avoid feeling hungry.
- Consider tracking your daily intake and exercise using a mobile application or website such as [www.fatsecret.com](http://www.fatsecret.com), [www.fitday.com](http://www.fitday.com), or [www.loseit.com](http://www.loseit.com). Studies show people who track their food have greater success with weight loss.
- Move towards vegetables being at least 50 percent of every meal, followed by 25 percent lean protein and 25 percent grains. Explore the variety of “Superfoods.” Begin replacing sugary drinks and juices with water. When your taste buds rebel, read the article, “Curb Your Cravings” for helpful tips.
- Add “Vitamin Supplements” to your routine, including Vitamin D, Omega 3, and a quality multi-vitamin.

### SUGGESTED REFERENCES

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- 7 Simple Tips to Get Healthy and Lose Weight Quickly
- Whole Foods for Whole People
- Two-Week Meal Plan
- Recommended Foods & Definitions
- Curb Your Cravings
- Vitamin Supplements
- Superfoods
- Recipes



## CORE 4: MOVE YOUR WAY TO HEALTH

*Your body is a temple . . . Therefore honor God with your body.*  
I Corinthians 6:19–20 (NIV)

Exercise benefits your physical, emotional, and mental health! Most of us know we need to get moving, but perhaps don't know what to do, how to get started, or how to stay motivated! The Daniel Plan provides this guidance and encourages you to find creative ways to enjoy it!

- Find ways to add more activity to your daily routine and overall lifestyle. A goal could be to walk 3-times per week at a good pace for 30 minutes. Then, increase the duration, speed, and frequency as time and your body allows.
- Consider enhancing your overall mobility and flexibility with a simple stretching routine.
- For variety and to burn more calories, try “Burst” or “Interval” training which will elevate your heart rate and enhance your endurance. Intervals are periods of high-intensity or speed, followed by periods of slower rates.
- Strength training builds muscle, increases metabolism, and improves overall health. Regardless of your age or condition, identify exercises that include resistance.

### SUGGESTED REFERENCES

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| • How to Exercise               | • Stretching                        |
| • Burst Training                | • Training with Pastor Rick         |
| • Workout Routine, Part 2 and 3 | • Putting the Play Back in Exercise |
| • Pump Iron to Stay Young       |                                     |



## CORE 5: THINK SHARPER AND SMARTER

*Don't copy the behavior and customs of this world,  
but let God transform you into a new person by changing  
the way you think. Then you will learn to know God's will for you,  
which is good and pleasing and perfect.*

Romans 12:2 (NLT)

Transforming your mind will reduce stress, improve decision making and memory, help you think clearer, allow you to feel better, and ultimately better your chances for a longer life. Addressing your brain health is a critical component to your overall health. As Dr. Amen says, "The bigger your body, the smaller your brain. This is one case where size does matter!"

- Learn about the brain-healthy foods, spices, and activities!
- Get enough rest, typically 7 to 8 hours per night. Plan ahead to make sure you are in bed with enough time to get enough sleep.
- Exercise boosts your brainpower, so keep up your regular exercise routine.
- Stress less by using simple relaxation and deep-breathing techniques.
- Adopt an attitude of gratitude, think about whatever is good in your life (Phillipians 4:8) and avoid believing the little lies and Automatic Negative Thoughts (ANTS) that can sabotage progress.

### SUGGESTED REFERENCES

Type the titles below into the "Search" tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- |                                 |                                    |
|---------------------------------|------------------------------------|
| • 50 Best Brain Healthy Foods   | • The Sleep Solution               |
| • Spices of Life                | • Forget Alzheimers                |
| • Brain Boosters, Brain Robbers | • Do-It-Yourself Brain Improvement |
| • Relaxation Breathing          |                                    |



## CORE 6: HEAL FOR LIFE!

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”*

Mark 12:30 (NIV)

The Daniel Plan is not a diet. It's a lifestyle. In the sixth core principle, we want to help you establish healthy habits you can sustain for a lifetime! With discipline and a lot of motivation, your physical and spiritual health will become contagious as well. Below we will help you develop a strategy that makes The Daniel Plan yours for life.

- Personalize the “Win the Week” goal sheet and reward yourself weekly, even for small successes. Remind yourself regularly about your main motivation to live healthy. Review and update your “One-Page Miracle.”
- Eat well for less. Learn what to buy, when to buy it, and other strategies to stay within your budget.
- If you've hit a plateau, haven't seen measurable progress, or feel like your health is backsliding, try a food detoxification to identify potential food allergies and digestive problems.
- Try different ways to vary your exercise routine and keep it interesting and effective.
- Say “yes” to God's plan to love Him and love others. Consider ways to give back to experience the blessing of being a blessing.
- Stay connected with God. Consider subscribing to Pastor Rick's Daily Hope, a daily devotional sent via email. Go to [www.purposedriven.com](http://www.purposedriven.com) to subscribe.

### SUGGESTED REFERENCES

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- |                              |                              |
|------------------------------|------------------------------|
| • Win the Week               | • Enhancing Detoxification   |
| • 7 Tips to Stay on the Plan | • Food Addictions            |
| • Cost-Cutting Tips          | • Detox Step-By-Step         |
| • Eating on a Budget         | • 7 Keys to Digestive Health |
| • Eating Out Rules           | • Eating at Home             |

**HEALTH & FITNESS SEMINAR** WITH

- SATURDAY, MAR 19 - 8:30 A.M. TO 12:30 P.M.

DR. DANIEL AMEN + DR. MARK HYMAN + DR. MEHMET OZ + PASTOR RICK WARREN

Miss a week? [Select One](#)

## WEEK 8: Overcoming Barriers: How to Jump Start The Daniel Plan

Tuesday March 08 2011 1:39 AM | [David Jahr](#)

**THE DANIEL PLAN**

**WEEK 8**

Through Facebook, Twitter and our Website, numerous people report positive, and some amazing, progress from following The Daniel Plan since starting January 15, 2011. But with more than 9,000 people on the plan, surely there are those who are not experiencing the same progress, have drifted off, or just let go altogether.

This week, we want to help you overcome your barriers and jump start The Daniel Plan! It's perfect timing because we've planned an exciting Health & Fitness Seminar on March 19 to inspire everyone to push through their individual struggles! So plan now to attend any of the Saddleback Church locations or watch the seminar online to hear from our world-renowned health experts Dr. Daniel Amen, Dr. Mark Hyman and Dr. Mehmet Oz.

The doctors have prescribed some wonderful ways to address your current condition. Be sure to watch Dr. Hyman's videos and read the first of a two-part series about the possibility of going through your own personal detoxification. Also read Dr. Hyman's insightful article about the deeper connections between how your perceptions can impact your health. By the way, Pastor Rick wrote one of the best-selling books of all-time, "The Purpose Driven Life" to help people answer the most important questions in life to investigate.

Perhaps you need to Treat Underlying Barriers to your overall health that Dr. Amen writes about. Dr. Amen also suggests you put a H-A-L-T to barriers and offers great suggestions to keep your motivation alive by journaling your journey.

Exercise plays a significant role in overcoming barriers. And this week Fitness Coach Tom Wilson shares ways to improve your "core" strength.

Tana Amen adds an article about delicious brain-boosting smoothies, ingredients and a suggested recipe for a great way to start the day!

Finally, if you need scientific proof and additional reasons to get on and stay on The Daniel Plan, read these latest news reports about recent research studying the impact of health choices we make every day.

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2

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## GETTING HEALTHY TOGETHER

— IN DECADE OF DESTINY —

PHYSICALLY

SPIRITUALLY

**TRACK YOUR PROGRESS**

[UPDATE YOUR MEASUREMENTS](#)

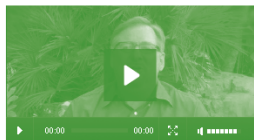
**DANIEL PLAN FAQS**

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**WEEKLY UPDATES**

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# Everything DANIELPLAN is available at danielplan.com



## 10 TIPS FROM TANA

**Dr. Daniel Amen's wife, Tana, offers 10 practical tips to living The Daniel Plan**

1. Eat breakfast within an hour of waking up, AND do not skip meals during the day. This helps keep blood sugar stable and prevents cravings. Be sure to eat 4 or 5 small meals.
2. Move toward the goal of having 70% of your daily diet consist of *whole, living* foods including raw or lightly cooked vegetables, fruit, raw nuts and seeds. The other 30% can be “concentrated” or cooked foods such as lean protein, whole grains and starchy vegetables.
3. Always plan ahead and have an ice chest prepared with healthy, nutritious food.
  - Prepare enough food for dinner so that there are always “leftovers.”
  - Immediately pack left over food from dinner in small, “to go” containers and put them in your ice chest when you are cleaning up from dinner. Put the ice chest in the refrigerator so all you have to do is grab it in the morning.
  - My ice chest always has raw nuts, chopped vegetables, fruit, lean protein (either a hard boiled egg, fish or chicken), hummus or guacamole and a protein bar. I always pack whatever salad and food I have left over from the previous night.
4. Have one day each week that you prepare some short cuts for your week. If you are busy this can help you and your children make healthier choices.
  - Boil a dozen eggs so they are ready to grab for your ice chest. They are also a great snack for your kids.
  - Chop up vegetables and fruit a couple days each week and keep them in an air-tight container- ready to snack on.
  - Prepare a couple healthy treats for the family, so they don't cheat during weak moments. I usually try to have some “Goji Nut Truffles” or “Avocado Gelato” in the freezer. Recipes available online.
5. Know the local “safe spots” in your neighborhood to stop and eat in case you get caught without your ice chest, or if you need to schedule a social event.
  - “Sharky's” has wild salmon and steamed broccoli.
  - Wahoo's also has wild fish.



- “Chickfila” has low calorie, low carb, and low sugar menus.
  - Restaurants like “True Foods” and “Seasons 52” have organic, locally grown, hormone and antibiotic free foods.
6. Begin the process of eliminating sugar, pasta, bread, white rice and white potatoes as much as possible. Sugar is toxic and causes inflammation.
    - Replace bread with lettuce “wraps” for sandwiches and burgers.
    - Use stevia in place of sugar.
    - Use shiratake noodles in place of pasta. Miracle Noodles are my favorite.
    - If you eat bread or grains, limit the amount to no more than 1/2 cup (cooked) at each serving or better yet, each day.
  7. If you are going to cheat, cheat with PROTEIN AND HEALTHY FAT! Cheating with sugar sets you and your hormones up for a vicious fall, sending the signal to your brain that you are still hungry, even though you just finished gorging! But if you eat lean protein and healthy fat (even if you eat too much of it), hormones are released that tell your brain that you are full and satisfied.
  8. Drink at least 8 glasses of water each day. This is not only healthy for your brain, skin and body, but it will help you not to feel hungry. Often, we feel hungry when we are actually thirsty. Americans are chronically dehydrated.
  9. Exercise is ESSENTIAL! If you plan to be vital, lean and strong into your old age, there is no way around it. Exercise is not just about being thin. It is crucial for bone density, range of motion, brain function, energy, vitality, and an overall sense of well being. Between the age of 35- 40, people begin a rapid decline in muscle mass. It’s a signal to your genes that you aren’t much use to the species any longer. So if your goal is to live a life of passion with the people you love into your old age... GET MOVING!!
  10. Don’t get frustrated by plateaus. Understand what your body is telling you! Fat cells store toxic material. As you lose weight, toxins are released into your system. Plateaus are an indication that your body is trying to DO something with these toxins. Three things you can do to help the process:
    - Increase your water consumption to flush out the toxins.
    - Sweat more (saunas are great).
    - Drink fresh green juice, such as wheat grass or green cocktails, which naturally chelate heavy metals and other toxins.

# *We're so glad you joined us at Saddleback Church!*

## **WE ARE BETTER TOGETHER**

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Did you know there's a place where you can get help for everyday, practical needs? From workshops on parenting and personal finances to a food pantry and free personal counseling, Saddleback Church is reaching out to you and your community.

## **WHAT'S CHURCH GOT TO DO WITH IT?**

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Saddleback may seem like a big place, but we're really just a group of people who love God and love each other. We're into community, outreach, worship, growing, and doing life together.

And guess what? You are welcome at Saddleback. Got kids, got tattoos, got AARP benefits? It's all good. No matter your walk of life, this is a place where you can belong.

## **WANT TO LEARN MORE?**

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Just look for a Team YES! volunteer. They're the guys and gals with bright green wristbands and big ol' smiling faces . . . they'll answer any questions you may have.



**saddleback church**  
SADDLEBACK.COM



## NOTES

## NOTES





October 31, 2011 5 - 9 P.M.

Your family is invited to a giant neighborhood block party at Saddleback Church! The entire Lake Forest campus will be transformed into one of the most exciting family events in Orange County with games, live music, food, and fun zones for all ages.

VISIT [SADDLEBACK.COM/BLOCKTOBER](http://SADDLEBACK.COM/BLOCKTOBER) TO LEARN MORE!



## THE Kindness OF CHRISTMAS

A DIFFERENT DECEMBER

What if, this year, Christmas was more about giving hope than getting gifts? This December, Saddleback Church will be performing acts of kindness throughout the community. We'll help our neighbors by painting, cleaning, repair work, etc. Want to be a part of this movement?

Join us this fall as we head towards Christmas!

## ONE CHURCH FAMILY at MULTIPLE LOCATIONS

**AN ANAHEIM**  
(949) 609-8300

**CO CORONA**  
(951) 239-6633

**HB HUNTINGTON BEACH**  
(949) 609-8584

**IR IRVINE**  
(949) 609-8010

**LW LAGUNA WOODS**  
(949) 609-8574

**LF LAKE FOREST**  
(949) 609-8000

**OR ORANGE**  
(949) 609-8006

**RC RANCHO CAPISTRANO**  
(949) 609-8700

**SC SAN CLEMENTE**  
(949) 609-8215



For service times and directions, scan the QR code or go to:

[WWW.SADDLEBACK.COM/LOCATIONS](http://WWW.SADDLEBACK.COM/LOCATIONS)