



# 15-Day Whole-Food Plant-Based *Jumpstart Program*

**Lose weight, lower cholesterol  
and feel better in two weeks!**

Jumpstart takes place over 15-days via small group Zoom meetings. It includes three live sessions, a cooking demo and two check-ins for questions.

**TREAT YOURSELF TO GREAT HEALTH IN 2021!**



**Patients experience rapid improvements in health.**

More than 1000 people have participated in the Jumpstart since 2018. Average outcomes include weight loss of 6 pounds and total cholesterol drop of 26 points.

- Those with blood glucose levels above 126 (abnormal) lost 28 points on average.
- Those with total cholesterol above 200 lost 44 points on average.
- Those with total cholesterol above 240 lost 64 points on average.
- Average blood pressure (systolic) dropped 17 points for those who started with a systolic pressure above 140.

**We recommend consulting with your doctor to measure blood pressure, BMI, blood sugar and lipids, the week before and after the Jumpstart. You may experience changes in blood sugar and/or blood pressure, and your doctor may want to adjust your medication.**



**Call or visit to get started!**

**Rochester Lifestyle Medicine Institute**

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