

The Lean & Clean Challenge

January 2025

fseap Now we're talking.
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Welcome to The Lean & Clean Challenge: A 30-Day Gut Health Transformation where we transform diet, exercise, mental health, sleep and stress by supporting your body's second brain – your gut! You will be working closely with a FSEAP Registered Dietitian who will help you set and achieve your health goals for the New Year and support you in a journey towards wellness!

Got the guts? This challenge is for you if you're looking for:

- **Wellness:** Gut health has an impact on digestion, weight management, sleep, and many aspects of physical health as well as emotional well-being. This is not only a challenge about gut health, it is a challenge to embrace eating and living with wellness at heart.
- **Transformation:** Leap into the New Year with a challenge designed to make a real difference in your health for the short and the long term. Embark on this journey of transformation that all starts with listening to your gut.
- **Knowledge:** Get informed about the most recent data on gut health and practical tips you can incorporate into your daily life.
- **Introspection:** We all have a different vision of what health means to us, and so the path to motivations for being healthy are unique for each of us. This is an opportunity to take stock of what matters most to you, to take care of your body, and to get to know yourself on a deeper level.

Join The Lean & Clean Challenge

and start 2025 with a commitment to your well-being like never before! With your FSEAP dietitian, a transformative journey awaits towards a healthier, happier and more vibrant you. **Ready to listen to your gut?**

Call FSEAP to sign up anytime during the month of January for The Lean & Clean Challenge, or to learn about FSEAP nutrition counselling services.