

PRESS RELEASE

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FOR IMMEDIATE RELEASE

FEASTS OF PERSIA, IN COLLABORATION WITH COACH CORBETT, LLC, NUTRITION RESET, AND LYNDSEY HEALTH, ANNOUNCES THE UPCOMING LAUNCH OF “FUEL OUR POWER” MEDITERRANEAN LIFESTYLE PLAN

Four Lakeland Businesses Collaborate on Groundbreaking Health & Wellness Program

Lakeland, Florida, August 1, 2024 — Feasts of Persia, a rising name in Lakeland's foodie scene, is thrilled to announce the launch of the groundbreaking "Fuel Our Power" Mediterranean Lifestyle Plan. This innovative program, developed in partnership with Coach Corbett, LLC, Nutrition Reset, and Lyndsay Health, is designed to revolutionize the way individuals approach health and wellness through an unprecedented local initiative.

A Comprehensive Lifestyle Plan

"Fuel Our Power" is not just a meal prep or workout plan; it's a comprehensive lifestyle solution based on the Mediterranean diet, which has been ranked #1 for the past seven years. The program integrates delicious, nutrition expert-approved meals with fitness coaching, nutrition counseling, and medical supervision to deliver a holistic approach to health.

The Power of Collaboration

Partnering with leading experts in the field, Feasts of Persia brings together Coach Corbett, LLC, Nutrition Reset, and Lyndsay Health to bring a unique offering in our community. With "Fuel Our Power," these Lakeland-based businesses are bringing the essential pieces together for your complete wellbeing.

30-Day Challenge: An Exclusive Opportunity

In search of a future spokesperson, the "Fuel Our Power" team will host an exclusive 30-day challenge. This challenge is limited to only 5 participants who are ready to commit to transforming their lives. Participants will receive:

- **The Fuel:** All meals included for the entire month (3 ready-to-eat and/or ready-to-heat meals a day for 30 days) from Feasts of Persia, a 5-star-rated, local, family business serving a unique Mediterranean and American Fusion cuisine. Enjoy a delicious medley of options for breakfast, lunch, and dinner from a special Mediterranean diet,

nutrition expert-approved menu. With easy online ordering, you'll receive twice-a-week delivery for fresher food, with free delivery up to 20 miles.

- **The Power:** Fitness coaching from Coach Josh of Coach Corbett, LLC, a Certified Personal Trainer, Certified Health Coach, and Corrective Exercise Specialist with a Bachelor of Science Degree in Kinesiology (exercise science). You will receive 12 in-person coaching sessions (3 per week), 4 weekend bootcamps, free access to Coach Corbett's health coaching Facebook group chat, accountability check-ins per meal and workout, daily support, and an activity journal.
- **The Science:** Nutrition counseling from Katherine Bates of Nutrition Reset, a Mediterranean diet expert with a Bachelor of Science Degree in Dietetics & Nutrition, who was LVIM Lakeland Volunteers in Medicine's and is currently Florida Children's Museum's in-house Nutrition Educator. Katherine will be your wellness guide and supportive mentor using a whole-person, bio-individual approach. You will receive a comprehensive pre-challenge assessment, weekly in-person consultations, daily call and text support, and a food journal.
- **The Care:** Medical supervision from Family Nurse Practitioner Nikki McWaters, the Medical Director of Lyndsay Health who holds a Master of Science Degree in Nursing. Lyndsay Health is a direct primary care provider, and Nikki offers professional medical care and advice to provide a personalized healthcare experience. This includes a comprehensive physical exam, an overall health and wellness assessment, and pre- and post-challenge blood work and laboratory tests to monitor key health indicators and track progress.

For the inaugural challenge, participants can enroll in the complete "Fuel Our Power" Mediterranean Lifestyle Plan for an introductory rate at over 27% off the regular price. Additionally, the top three challengers will win prizes, with the grand prize being an additional month of the program for free—effectively making it about \$9 per meal.

Join Us in Transforming Lives

"We are excited to launch 'Fuel Our Power' and provide a transformative experience for our community," said Farhad Rahmani, Co-Owner of Feasts of Persia. "By combining delicious Mediterranean meals with expert guidance and comprehensive support, we aim to empower individuals to live healthier and happier lives."

The benefits of the Mediterranean diet, when done correctly, include lowering the risk of heart disease and metabolic syndrome. It also helps reduce age-related cognitive decline and Alzheimer's, supports healthy blood sugar and blood pressure levels, and improves gut health, chronic conditions, and inflammation.

"Anti-inflammatory 'is' the Mediterranean lifestyle," said Katherine Bates, Nutrition Educator. "Inflammation is the main cause of diseases and major issues like arthritis, heart disease, and diabetes."

For more information about "Fuel Our Power," to express interest in taking the challenge and being a potential spokesperson, or to explore sponsorship opportunities, call (863) 272-9330 or visit fuelourpower.com today.

About Feasts of Persia

Feasts of Persia serves a Mediterranean and unique Persian-American Fusion cuisine, bringing food together the way it brings people together. Services include:

- Meal prep and meal plans – ready-to-eat and/or ready-to-heat meals, twice-a-week local delivery, weekly subscriptions, easy online ordering, complete done-for-you packages and/or a la carte
- Catering and group ordering – charcuterie, boxed lunches, buffet-style platters, build-your-own stations, 3-course dining, available 7 days a week

Taste Feasts of Persia's delicious menu at their food truck located on the patio of Union Hall just half a mile south of Downtown Lakeland in Historic Dixieland or schedule a personalized tasting today.

Follow them on Facebook and Instagram @feastsofpersia.

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