

# PRESS RELEASE

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## FOR IMMEDIATE RELEASE

### POLK WELLNESS PROFESSIONALS ENDORSES FUEL OUR POWER

*Organization of Community Wellness Leaders Endorses Feasts of Persia's Health & Wellness Initiatives*

**Lakeland, Florida, February 10, 2025** — Feasts of Persia, a local meal delivery service offering a Mediterranean diet, nutrition expert-approved menu, is proud to announce the noteworthy results of customers subscribing to their meal plans, leading to an endorsement by Polk Wellness Professionals, a local organization supporting Polk Vision's and the Florida Department of Health's *Building a Healthier Polk* community-wide initiative.

On January 10, 2025, Polk Wellness Professionals voted to endorse Fuel Our Power and accepted Feasts of Persia as one of its newest members.

#### Data-Based Results

Customers who took part in the Fuel Our Power Mediterranean Lifestyle 30-Day Challenge, which combined a nourishing cuisine, fitness and mindset coaching, nutrition counseling, and medical care, accomplished significant improvements in both weight loss and key health indicators, as tracked by medical professionals from Lyndsay Health. Customers were challenged to eat solely from Feasts of Persia's 3-meals-as-day meal plan and to exercise at least 3 times a week for one month under the guidance of Coach Corbett, LLC. Challengers were further supported by Nutrition Reset and Dawn DiMicco, Mental Performance Coach. Improvements from the challenge included:

- Up to 16.2 pounds lost
- Up to 13.74 total inches lost
- LDL ("bad" cholesterol) reduced by 22%
- 10-year cardiovascular risk factor (chance of heart attack, stroke, or even death) reduced from greater than 50% down to 20%

A customer outside of the "lifestyle" plan and only subscribing to a 2-meals-a-day meal plan also reported a monumental improvement in his glucose and hemoglobin A1c, bringing him to the "100% normal" range for the first time in over 15 years. This customer had been a type 2 diabetic for 15+ years, insulin-dependent for 8+ years, and has been on tirzepatide (common brand name "Mounjaro" or Ozempic) for the past 2 years. For the purpose of screening for the presence of diabetes, this customer's lab results yielded numbers in the range "consistent with the absence of diabetes." This customer credits his change to the Feasts of Persia meal plan as the sole factor contributing to these improvements.

In addition to these data-based results, customers reported better flexibility, mobility, and performance, improving their fitness and lifestyle, as a whole.

### **Building a Healthier Polk**

"In 2012, the Building a Healthier Polk Initiative began as a community-driven response to the startling obesity rates in Polk County. With obesity directly linked to chronic diseases such as heart disease, stroke and diabetes which are major causes of death and preventable hospital stays, the data galvanized a movement among stakeholders across Polk County. Working cooperatively with the Florida Department of Health, Polk Vision convened a large cross-sector group of subject matter experts to prioritize objectives in addressing the alarming rate of obesity in our community. This group came to be known as Building a Healthier Polk."

<https://polkvision.com/areas-of-focus/quality-of-life/#healthier>

### **Polk Wellness Professionals**

"At Polk Wellness Professionals, we believe that:

- Educated, empowered individuals make the healthiest choices.
- We accomplish more by working together.
- Positive change comes from inspiring our community.

Today we work to unite health and wellness leaders within Polk County under a common goal: to build a culture of wellness in our community. We work with local employers, service providers, and health and wellness entrepreneurs to share resources and educate the public. We support each other by cross-promoting our respective wellness initiatives and sharing new research, information, and tools."

<https://www.polkwellnessprofessionals.org/about-us>

### **Fuel Our Power**

Feasts of Persia is bringing the essential pieces together for your complete wellbeing through Fuel Our Power. The initial 30-day challenge was made possible by:

- Power Pieces
  - The Fuel – [Feasts of Persia](#)
  - The Power – [Coach Corbett, LLC](#)
  - The Science – [Nutrition Reset](#)
  - The Care – [Lyndsay Health](#)
  - The Will – [Dawn DiMicco, Mental Performance Coach](#)
- Power Partners
  - [iBoss Entertainment](#)
  - [KM Financial Solutions](#)
  - [Venue Salon](#)
- Sponsors
  - [Boley Insurance](#)
  - [Check Twice Home Inspections](#)
  - [Conquered Mental Therapy](#)
  - [Doterra](#)
  - [Empowered to Profit](#)
  - [Garcia's Events and Limos](#)
  - [Granola Girl](#)

- [HP Nails Spa](#)
- [KM Financial Solutions](#)
- [Level 8 Healing & Massage Therapy](#)
- [My Tiny Greens](#)
- [Premier Professional Networking](#)
- [Union Hall](#)

### **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. FEED your family, FOSTER connection, and FUEL your success with time-saving and nourishing meal prep, and distinctive and delicious catering:

- Meal prep and meal plans – complete done-for-you packages of ready-to-eat and ready-to-heat meals, Family Feasts, a la carte meals, and bulk ingredients, with twice-a-week local delivery
- Catering and group ordering – charcuterie, boxed lunches, buffet-style platters, build-your-own stations, 3-course dining, available 7 days a week

View Feasts of Persia's menus at <https://feastsofpersia.com/> and follow them on Facebook and Instagram @feastsofpersia.

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