

The BNP Rainbow CHALLENGE™

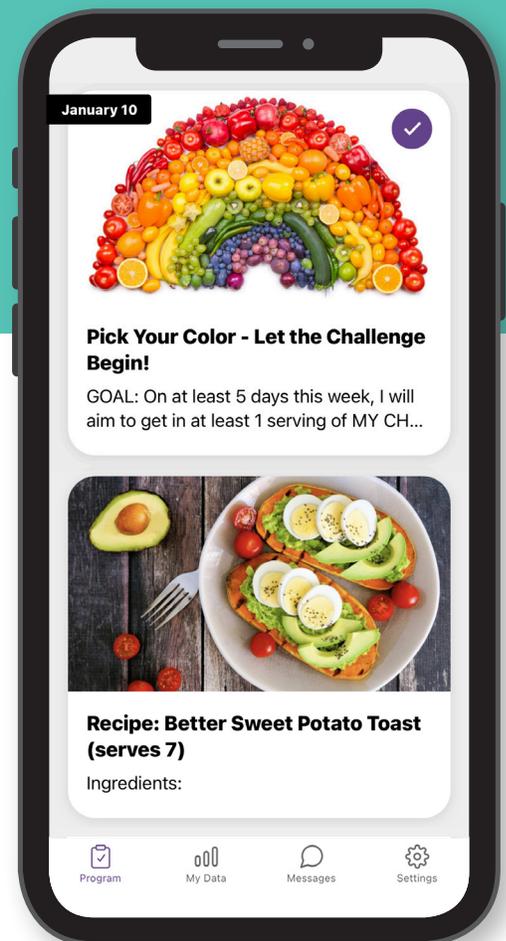
Do you enjoy a good challenge? This one has results that are actually good for you! You've likely heard the nutrition advice "Eat the Rainbow" but do you? Do you eat and sip all the colors including white and brown most days? Your body (skin, heart, energy, brain, belly, immune system etc.) all need you too. Why? Because all those colors from vegetables, fruits, and spices deliver essential phytonutrients (plant nutrients) - like antioxidants - to help your body run better. They basically act like a cleanup team to help sop up the mess we create in ourselves every day. Yes, normal, even healthy living in 2022 is messy! Think of each color group as a different tool that does a unique job to get a 'deep clean'. And cleaning up the mess allows our body to run better. What colors are you already great at eating or drinking most days? Are there any you completely miss? You might be surprised! We'll take a look through fun trackers, and give you tips on how to get more variety in more often. Want some competition? Grab a friend or family member(s) and let the challenge begin!

WHAT'S INCLUDED

- A one-on-one session with your coach & unlimited messaging during the program
- Personalized coaching sessions & group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes
- Tips & Tricks to help you get in more colors
- VIP Online support community

WHAT YOU NEED

- A desire to have some fun with colorful food groups, and a two-week long commitment
- A referral from your provider to participate



READY TO GET STARTED? Simply tell your practitioner "Sign Me Up" to get enrolled. Then look for an email from Programs@thebetternutritionprogram.com.
We look forward to meeting you and helping you get in a rainbow every day!

The BNP Rainbow Challenge™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to engage you (or a group of friends/family members!) to see just how many colors of the rainbow you're getting in your daily diet and challenge you to get in more. Why? Because plant-based foods like fruits, veggies and spices contain antioxidants that help our bodies clean up the mess that we consume from the outside world. The more colors we eat, the better we can clean up the mess. This allows our body to run better and in turn we feel better, inside and out.

This light and fun 2-week program helps you identify and track where you're already getting in colors, and areas for improvement. Maybe you're great at getting in 'greens' but the 'red' category could use some creativity. Each day you will get tips, recipes, and inspiration for getting more colors in and help you identify and make your better nutrition choices. In addition you will meet virtually with a coach to help you personalize the recommendations for you and your lifestyle (plus, you can message them any time!). AND because we thrive in community, we offer access to Koff and her team of experts in live group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps you make your *deliciously doable choices*.

If you are up for a challenge to 'eat a rainbow', and feel better as a result, this program IS FOR YOU. It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app*. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!