



## The Daniel Plan Fun Walk & Run Sponsors & Exhibitors

The Daniel Plan appreciates the sponsors and exhibitors of the Fun Walk & Run! Get acquainted with them and plan to visit their booths on June 11.

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### 12 Week Fitness Challenge

[www.12WFC.com](http://www.12WFC.com)

12 Week Fitness Challenge is a program designed to help people take that first step to better health and nutrition. We accomplish this by helping you with your daily nutrition, exercise/workouts and motivation. A 12 Week exercise, nutrition and mindset training program designed to transform your body and most importantly your way of thinking. Whether it is weight loss, shaping and toning or simply a motivational boost, this program is for you!

We are a virtual/web company. Our programs are personalized so that people can use their existing gym memberships or workout from home! Hours of operation are 24/7!

[www.facebook.com/12WFC](http://www.facebook.com/12WFC)

<http://twitter.com/12WFC>



### FitnessWave Human Performance Lab

[www.fitnesswave.com](http://www.fitnesswave.com)

FitnessWave's Human Performance Lab's strive to provide advanced fitness assessment services to everyday individuals of all fitness levels as well as fitness minded organizations alike. Our multi-service concept consists of "getting dunked," which is Hydrostatic Body Fat Testing, (RMR) Resting Metabolic Rate Testing, and Vo2 Sub-Max Testing and we have been proudly serving the fitness community since 1993! Whether you want to get your body fat tested, test your metabolism, find your fat burning or training zones; FitnessWave can help you make the right choices to get motivated, stay on track, and reach your fitness goals. Get the numbers you need to succeed!



FitnessWave Orange County Human Performance Lab  
17911 Sky Park Circle Suite G  
Irvine, CA 92614  
Phone: (714) 979-9283  
Call to schedule your appointment today!

## Center for New Medicine

<http://www.centerfornewmedicine.com>

Leigh Erin Connealy MD began practicing medicine in 1986. More and more of her patients started asking about alternative treatments and this prompted her to learn everything she could about nontoxic protocols. In 1992, she founded the Center For New Medicine in Irvine, California, where she serves as Medical Director. Her practice is firmly based in the belief that strictly treating health problems with medications does not find the root cause of the illness.



CENTER FOR NEW MEDICINE

Center For New Medicine shies away from the toxic aspects of conventional medicine, using drugs and surgery only when such intervention is really necessary. Instead, we focus on therapies that support the body's innate defenses and healing mechanisms.

Center for New Medicine

6 Hughes, Suite 100

Irvine, CA 92618

(949) 680-1880

email: [info@cfnmedicine.com](mailto:info@cfnmedicine.com)

Web: <http://www.facebook.com/centerfornewmedicine>

Blog: <http://centerfornewmedicine.wordpress.com/2011/05/>

Follow Us on Twitter: [http://twitter.com/?lang=en&logged\\_out=1#!/CFNMedicine1](http://twitter.com/?lang=en&logged_out=1#!/CFNMedicine1)

Office Hours:

Monday – 8:30am to 7:00pm

Tuesday through Thursday – 8:30am to 5:00pm

Friday – 8:00am to 4:00pm

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## Gotein™ Protein to Go!

[www.gotein.com](http://www.gotein.com)

Perfect for individuals with a hectic schedule looking for a nutritious high protein shake to go. Whether you're a Weight Loss Surgery patient with a strict diet, an active executive or a sports minded person that needs to perform at their peak, Gotein™ helps refuel the body and improves lean muscle mass while burning fat with our premium protein matrix.\*



[info@gotein.com](mailto:info@gotein.com) or (877) 346-8346

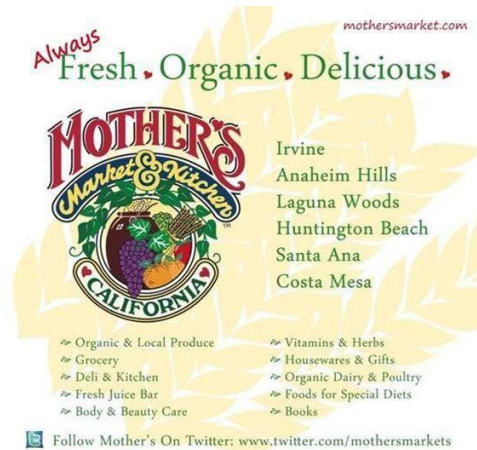
## Mother's Market and Kitchen

[www.MothersMarket.com](http://www.MothersMarket.com)

Mother's Market and Kitchen is a healthier alternative to the big chain grocery stores. We are a complete grocery store that serves individuals with unique diets as well as those wanting to eat healthier. Mother's is known for our organic fruits and vegetables and our produce department was rated the #1 Organic Store in the *OC Register's Best of Orange County 2011*. We also carry a full line of vitamins and supplements including many homeopathics. Our restaurant was also rated tops in the *OC Register* in 2011.

We have six stores in Orange County, open daily 8 a.m. - 10 p.m.

Costa Mesa  
Huntington Beach  
Irvine  
Laguna Woods  
Santa Ana  
Brea - opening in September



## Taco Mesa/Taco Rosa

[www.tacomesa.net](http://www.tacomesa.net)

[www.tacorosa.com](http://www.tacorosa.com)

Healthy & Authentic

Staying true to our philosophy of "Healthy and Authentic," we've incorporated into our menu, ingredients reflecting our intention. Organic, Wild Caught and Natural (free of steroids, hormones & antibiotics). We prepare food in small batches daily to assure quality and freshness. Taco Mesa offers healthy, authentic, and innovative Mexican cuisine from only the freshest ingredients. No lard, MSG, preservatives, coloring, or other additives are used by Taco Mesa. Since 1991, we take pride in our values and genuine hospitality.

Email: [tacorosa.tacomesa@gmail.com](mailto:tacorosa.tacomesa@gmail.com)

### *Taco Mesa Locations:*

Costa Mesa, 647 W. 19th Street, Costa Mesa CA 92627, (949) 642-0629  
Ladera Ranch, 27702 Crown Valley Pkwy, Ladera Ranch CA 92694, (949) 364-1957  
Mission Viejo, 22922 Los Alisos, Mission Viejo CA 92691, (949) 472-3144  
Orange, 3533 E. Chapman Ave, Orange CA 92869, (714) 633-3922

### *Taco Rosa Locations (full-service restaurant):*

Irvine, Irvine Market Place - 17392 Jamboree Road, Irvine CA 92670, (714) 505-6080  
Newport Beach, 2632 San Miguel Road, Newport Beach CA 92660, (949) 720-0980

Like us on Facebook -- <http://www.facebook.com/tacorosa.tacomesa>



## RoadID

[www.roadid.com](http://www.roadid.com)

RoadID is a company that educates outdoor enthusiasts about the importance of wearing ID and provides these athletes with innovative identification products to include as part of their gear.



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### Health Expo: Exhibitors

12 Week Fitness Challenge  
ABC Pilates  
Amen Clinics, Inc.  
Center for New Medicine  
Dr. Steve Altman/Sean Milam  
Dr. Glover Chiropractor  
Dr. Mark Hyman  
Foundation Soul to Soul  
Go-Tein  
Happy Cooking Company  
Holistic & Integrative Psychology  
Living Java Coffee  
Melissa's Brand  
Milo's Cafe  
Mother's Market  
NutriShop  
NutraSumma  
OC Spine Professionals  
RoadID  
Strong Tower Ministries  
Taco Mesa  
Trader Joes - Providing post-race snacks  
Walk & Worship

### Saddleback Church –Ministry Exhibitors

Acts of Appreciation  
Angel Tree  
Asia/South Pacific PEACE  
Celebrate Recovery  
College Ministry  
Community PEACE  
Elderly Outreach  
Elder Protection  
Europe/Eurasia PEACE  
Family Violence  
Global PEACE Sports  
High School Ministry  
HIV/AIDS Initiative  
Homework Club  
Human Trafficking  
Jr. High Ministry  
Latin America/Caribbean PEACE  
Local Orphan Care  
Manna Food Outreach  
Middle East/North Africa PEACE  
Native America PEACE  
Orphan Care  
Pavilion - Book Store  
PEACE Education  
PEACE Hunger and Poverty  
PEACE Water  
Persecuted Church  
Purpose Driven Church  
Rancho Capistrano Boot Camp  
Saddleback Kids  
Sports and Adventure  
Walk and Worship  
Women's Fitness Workout Classes