

AWAKEN INSIDE'S WEEKLY NEWSLETTER

Week of: 1/15/26-1/22/26



Greetings, from the new owners- Chris and Adam

Happy New Year Awaken Inside Family,

We are excited about the new year, and even more excited about continuing to grow our Awaken Inside community and our shared commitment to whole-body wellness: physically, mentally, and spiritually.

No matter what your goals are this year (and yes, you should have them!), know this: **we are here to help you achieve them.** Whether your focus is strength, endurance, fat loss, mobility, discipline, or simply showing up consistently, you're not doing it alone.

Look forward to our Weekly Newsletter!

Check your inbox every week for community updates, nutrition advice, and personal training opportunities.

Community Updates

We will be continuing:

Thursday Bible Study at 6pm

Bring your own Bible, invite your friends, and share the fruit of the spirit as we study God's Word together!



Saturday Morning Rucks at 8am

Rain or shine! No weight required, but encouraged! No membership required! GoRuck Sanctioned (on Sandlot and GoRuck Website).



Location Ideas:

To keep things fresh and engaging, we'd love to periodically change locations for these sessions- ideas include the Oceanfront, First Landing State Park, and the Norfolk Waterfront Trail. We're absolutely open to suggestions, so feel free to share *locations you'd enjoy!*

When you attend our community events, don't forget to tag us!

[@awakeninsidegymbv](#)

Nutrition Corner

High-Protein Meal Plan:

Here is this week's version of a high-protein meal plan (40-50g protein per meal) designed to **support muscle recovery, energy, and consistency**. You can adjust the portions as needed, but aim for 40-50 grams of protein at each main meal!

Breakfast (40-45g protein):

- 3 whole eggs + 3 egg whites
- 1 cup Greek yogurt
- Optional: fruit or whole-grain toast

Lunch (45-50g protein):

- 6-7 oz grilled chicken, turkey, or lean beef
- Brown rice or quinoa
- Steamed or roasted vegetables

Dinner (45-50g protein):

- 6-8 oz salmon, ground turkey, lean steak, or tofu
- Sweet potato or roasted vegetables
- Side salad or green vegetables

High-Protein Snacks:

- Greek yogurt
- Cottage cheese
- Jerky
- Protein bar

As a token of our appreciation, we'd love to offer you 30% off your next supplement purchase to help you reach your nutrition goals! (limited inventory- while supplies last)!

Hydration, sleep, and consistency still matter more than perfection!

Trainer's Corner

Our trainers are here to:

- Help you set realistic, personalized goals
- Modify workouts for injuries or limitations
- Support nutrition and recovery strategies
- Keep you progressing safely and confidently



If you haven't checked in with a trainer recently, now is a great time to do so. Ask questions, request guidance, and lean into the community- that's what Awaken Inside is all about.

We're **grateful** for each one of you and **proud** of the culture we're building together. Let's make this year strong, intentional, and connected!

This week, focus on showing up. Everything else will follow! See you in the gym.- Chris & Adam

Awaken Inside, The Gym



Chris Jordan and Billy-Jo Jordan



Adam Rice
