

# 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.

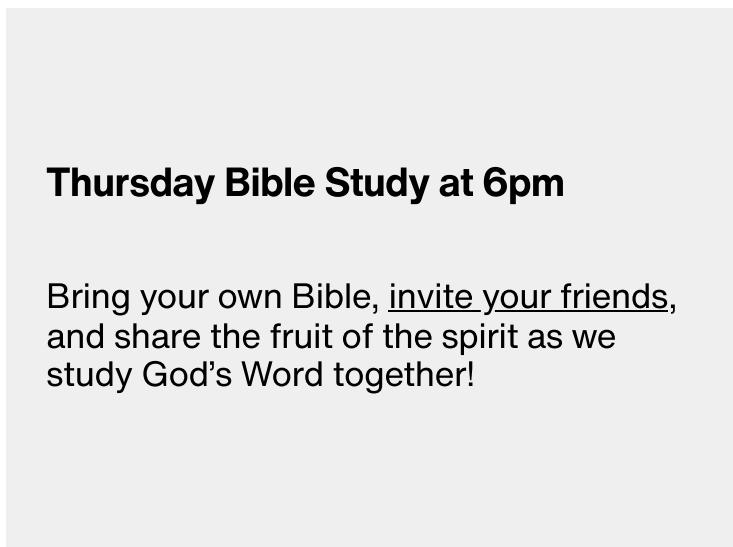
No matter what your goals are this year (and yes, you should have them!), know this: **we are here to help you achieve them.** Whether your focus is strength, endurance, fat loss, mobility, discipline, or simply showing up consistently, you're not doing it alone.

**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:



## 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!

[@awakeninsidegymvb](#)

## 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

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