

The background of the entire page is a photograph of a woman with dark, curly hair, wearing a dark blue athletic top and a headband. She is looking directly at the camera with a neutral expression. The image is overlaid with a semi-transparent dark blue filter. Decorative elements include several thin, concentric pink circles in the upper corners, a pink heart icon with a white ECG line inside it to the right of the word 'GUIDE', and a grey dumbbell icon positioned between the words 'TO' and 'REVIVE'.

The GUIDE TO—REVIVE

Its Your Come Back Year

Complete manual for "Revive 2025"

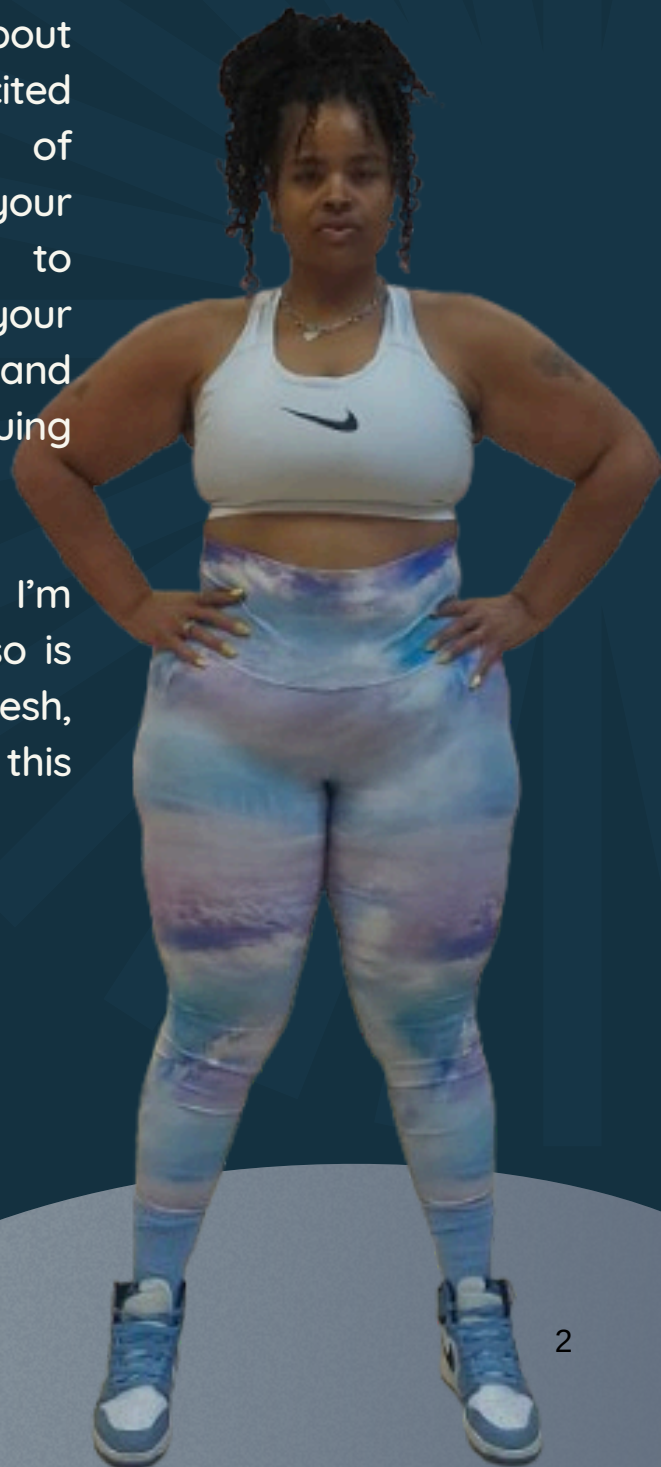
... By Akilah Bailey ...

Welcome

Welcome to 2025—the year of REVIVAL! This year isn't just about workouts; it's about transformation from the inside out. I'm so excited to guide you through this journey of rediscovering your strength, reigniting your passion, and reviving your commitment to yourself. My hope is that this guide becomes your companion, helping you stay motivated and connected to the purpose we're pursuing together: Revive 2025.

Remember, you're not alone on this journey. I'm here with you every step of the way, and so is your Body Werk Fit fam. Together, we'll refresh, recharge, and rebuild—FULL OUT! Let's make this the year you truly thrive.

With love and energy,
Coach Akilah
Body Werk Fitness



Introduction

Revive 2025 isn't just a theme; it's a movement. It's a call to action for everyone ready to reclaim their health, reignite their goals, and reshape their lives. At Body Werk, we're focused on functional fitness and creating a welcoming space for all—whether you're just starting out or getting back on track.

This guide is your blueprint for the year. It's designed to keep you informed, inspired, and accountable as we take on challenges, master new skills, and celebrate wins together. Get ready to push past limits, embrace growth, and truly revive your life.



REVIVE

2025

BODY WERK FITNESS

Objectives

- 1 Build sustainable fitness habits for lasting results.
- 2 Create a supportive community that motivates and uplifts.
- 3 Enhance physical, mental, and emotional well-being through holistic fitness.

Outcome

Gain effective tools to sustain your physical and mental health.



Goals for 2025

Goals provide direction, purpose, and clarity for our journey. They're the compass that keeps us on track and ensure we're moving forward in a meaningful way. This year, our goals are designed to not only challenge you but also inspire growth in every aspect of your fitness and well-being. Here's what we're striving to achieve:

- Empower clients to embrace confidence and capability throughout their fitness journey.
- Promote body inclusivity and ensure accessibility in every class and program.
- Provide diverse fitness and wellness resources designed to meet a variety of client needs.
- Cultivate accountability through engaging community challenges and events.
- Celebrate growth and milestones—acknowledging progress over perfection.





Guiding Principles

REVIVE

2025

BODY WERK FITNESS

1

Consistency Breeds Revival
Commit to small, steady actions that lead to long-term transformation in body, mind, and spirit.

2

Community is Strength Build connections and accountability by creating spaces where members inspire and motivate each other.

3

Intentional Movement, Intentional Living Focus on purposeful workouts that align with personal fitness and wellness goals.

4

Celebrate Progress, Not Perfection Acknowledge small wins and use them as stepping stones toward greater achievements.

5

Revive Through Self-Care Incorporate rest, mindfulness, and recovery as essential elements of the fitness journey.

6

Evolve, Empower, Excel Strive to push boundaries, gain confidence, and encourage others to reach their fullest potential.

Revive Your Perspective on Fitness

Working out isn't just about losing weight, gaining muscle, or fitting into a certain size—it's about embracing a lifestyle that prioritizes your health, well-being, and longevity. At Body Werk, we're here to help you revive your perspective on fitness by showing you that working out isn't complex, exclusive, or overwhelming. It's about building habits that align with your goals and fit seamlessly into your life.

Why Fitness Is Non-Negotiable

Think of fitness as a tool, not a task. Just like brushing your teeth or drinking water, working out is essential to taking care of yourself. When you move your body regularly:

- You improve your physical health, reducing the risk of chronic illnesses.
- You boost your mental health, releasing stress and enhancing your mood.
- You build resilience, both mentally and physically, for life's challenges.

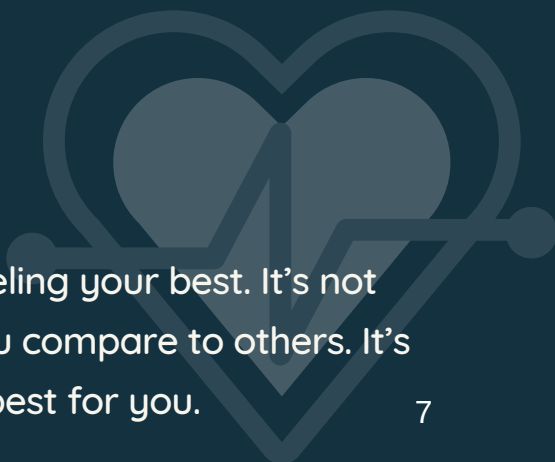
Fitness is not a luxury—it's a necessity. By adapting to a fitness lifestyle, you give yourself the gift of a stronger, healthier you.

Fitness for Every Body

At Body Werk, we understand that everyone's starting point is different. Whether you're:

- New to exercise and feeling unsure where to start.
- Managing physical limitations or illness.
- Struggling with body image or confidence.
- There's space for you here.

Fitness isn't about looking a certain way; it's about feeling your best. It's not about how much you lift, how fast you run, or how you compare to others. It's about showing up for yourself in the way that works best for you.



Building A Fitness Lifestyle

Adapting to a Fit Life

A fitness lifestyle is about consistency over intensity. You don't need fancy equipment, long workouts, or extreme routines to get started. The goal is to make movement a regular part of your day, just like eating or sleeping.

Here are a few simple principles to help you adapt:

1. **Start Small:** Begin with 10-15 minutes a day and gradually increase.
2. **Be Flexible:** If one type of exercise doesn't work for you, try something else—walking, chair yoga, or even dancing in your living room.
3. **Prioritize Yourself:** Schedule workouts like you would any other important appointment.
4. **Use Basic Tools:** Resistance bands, body weight, and household items can be great for workouts.

The Benefits and Effects of Exercise

When you commit to regular movement, you'll notice:

- **Increased Energy:** Exercise boosts your stamina and helps you feel less tired.
- **Better Sleep:** Your body craves rest to recover and repair after activity.
- **Improved Mood:** Endorphins released during exercise combat stress and anxiety.
- **Enhanced Strength:** You'll feel stronger and more capable in your daily activities.

The Advantage of Consistency

The magic of fitness lies in consistency, not perfection. Missing a workout doesn't mean you've failed—it's part of the process. Over time, you'll build habits that make movement a natural and enjoyable part of your life.



The Werk

At Body Werk, we offer weekly classes, guidance, and resources to help you reboot your fitness journey. But the most important part of this journey is you. Take ownership of your goals, celebrate your progress, and remember: fitness is a lifelong commitment to caring for yourself.

You are not limited by your weight, physical abilities, or past experiences. You are capable of achieving a fitness lifestyle that works for you. Let's make working out a habit—not an option.

Weekly Workout Classes

What to Expect:

Our dynamic, body-inclusive classes are crafted to help you build strength, improve flexibility, and increase endurance, no matter where you are in your fitness journey. Whether you're a beginner or returning after a long break, you'll find a supportive and motivating space here.

Self-Help Tips:

- **Plan Ahead:** Schedule your weekly classes to establish a routine. Consistency is key to seeing progress.
- **Set a Mini Goal:** Focus on one personal achievement per class, such as holding a plank longer or completing all sets.
- **Check In:** Reflect after each class. How do you feel? What did you accomplish? Write it down for motivation.

Workout Videos

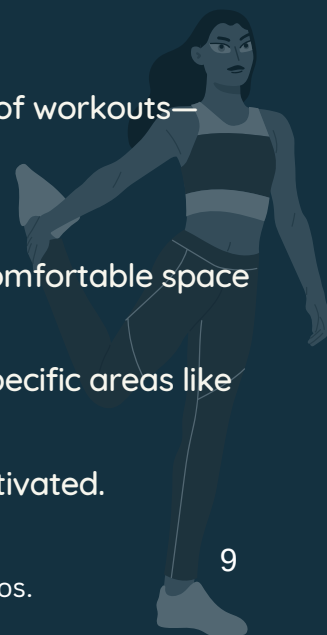
Can't make it to class? No problem! Our on-demand videos include a range of workouts—from Chair Werk to Cardio—so you can get moving anytime, anywhere.

Self-Help Tips:

- **Create a Space:** Dedicate an area at home for your workouts. A clear, comfortable space boosts focus.
- **Mix and Match:** Combine videos to create a full-body routine or target specific areas like core or legs.
- **Track Your Progress:** Note improvements in stamina or form to stay motivated.



Go to Body Werk Fit on YouTube for videos. Don't forget to subscribe & like videos.



Choosing the Right Workout for Your Goals

At Body Werk, we believe fitness isn't one-size-fits-all. Each workout style offers unique benefits, allowing you to target specific goals like strength, toning, mobility, endurance, and overall health. Understanding the purpose of each type of workout can help you design a routine that fits your lifestyle and needs.

Whether you're attending a class, booking a private session, or working out on your own, Body Werk has you covered.

Let's explore the options:

Types of Workouts & Their Benefits

1. HIIT (High-Intensity Interval Training):

- Benefits: Burns calories quickly, boosts metabolism, improves cardiovascular health, and builds endurance.
- Target Goals: Weight loss, endurance, toning, and overall fitness.
- Recommendation: Perfect for clients looking to maximize calorie burn in a short time.

2. Cardio:

- Benefits: Strengthens the heart, burns calories, and improves lung capacity.
- Target Goals: Weight loss, heart health, and stamina.
- Recommendation: Great for beginners or those focused on boosting endurance and overall health.

3. Glute Band Workouts:

- Benefits: Tones and strengthens the lower body, improves balance, and increases flexibility.
- Target Goals: Toning, strength, and mobility.
- Recommendation: Ideal for shaping and building strength in the lower body.

4. Trampoline Workouts:

- Benefits: Low-impact cardio, improves coordination, and strengthens core muscles.
- Target Goals: Endurance, core strength, and mobility.
- Recommendation: Perfect for those looking for a fun, low-impact way to stay active.

5. Step Box Workouts:

- Benefits: Builds lower body strength, improves agility, and provides cardio benefits.
- Target Goals: Toning, endurance, and balance.
- Recommendation: Ideal for those looking to add variety and intensity to their cardio routines.

Types of Workouts & Their Benefits

1. Yoga:

- Benefits: Improves flexibility, reduces stress, enhances mobility, and strengthens the core.
- Target Goals: Mobility, inner health, and relaxation.
- Recommendation: Great for stress relief and increasing range of motion.

2. Chair Workouts:

- Benefits: Accessible for all fitness levels, low-impact, and improves balance and mobility.
- Target Goals: Strength, mobility, and endurance.
- Recommendation: Excellent for beginners, those with physical limitations, or anyone looking for a low-impact workout.

3. Dance Workouts:

- Benefits: Boosts mood, improves coordination, burns calories, and enhances stamina.
- Target Goals: Cardio health, endurance, and weight loss.
- Recommendation: Perfect for anyone looking to combine fitness with fun!

4. Weight Training:

- Benefits: Builds muscle, strengthens bones, and boosts metabolism.
- Target Goals: Strength, toning, and long-term weight management.
- Recommendation: Best for those aiming to build muscle and sculpt their bodies.

5. Walking:

- Benefits: Low-impact, improves cardiovascular health, and aids in weight loss.
- Target Goals: Inner health, weight loss, and endurance.
- Recommendation: Ideal for all fitness levels as a foundational workout.

Let's Get to Work!

Whether you're ready to book a weekly Body Werk class or need a customized plan, Coach Akilah is here to help! Private sessions are available for those seeking personalized guidance to meet specific fitness goals.

Take control of your fitness journey by:

- Booking a Body Werk class that aligns with your goals.
- Scheduling a private session to design a custom workout plan.
- Trying a variety of workouts to keep things exciting and effective.

No matter where you're starting, Body Werk is here to support your fitness lifestyle. Let's make movement a priority and achieve results together!

Revive Your Nutrition

The Power of Knowing Your Numbers

When it comes to achieving your weight goals—whether it's losing weight, gaining muscle, or simply maintaining balance—the key is knowing your calorie number. This number isn't just a random figure; it's your personal blueprint for success. It tells you how many calories you need to eat each day to fuel your body and how many you burn through activity and natural processes.

Understanding these numbers allows you to:

- Set clear, realistic goals for weight loss or gain.
- Avoid guesswork and make informed decisions about food and exercise.
- Build a sustainable plan that fits your lifestyle, not someone else's.

Why This Matters

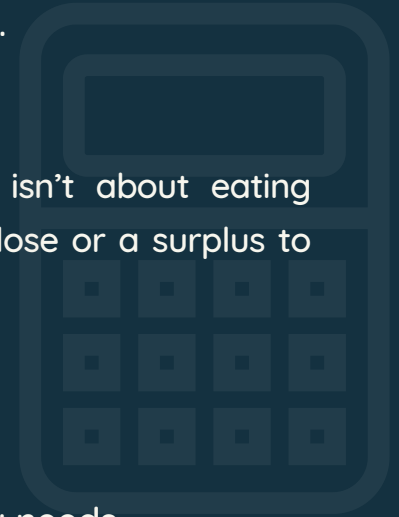
Losing weight isn't about starving yourself, and gaining weight isn't about eating everything in sight. It's about balance—creating a calorie deficit to lose or a surplus to gain, while still nourishing your body with the right foods.

What You'll Learn

In this section, you'll:

1. Discover how to calculate your daily calorie burn and eating needs.
2. Learn how to set up a calorie deficit (or surplus) tailored to your goals.
3. Find practical ways to adjust your diet and increase your calorie burn.

Revive your mindset and take control of your nutrition by understanding the numbers that make your body thrive. Let's dive into setting up your personalized plan and achieving your goals.





Getting to Your Numbers

Step 1

Determine Your Basal Metabolic Rate (BMR)

Your BMR is the number of calories your body needs to perform basic functions like breathing, digestion, and circulation. You can calculate it using the Mifflin-St Jeor Equation:

- For Women: $BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 161$
- For Men: $BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) + 5$

Example:

For a 35-year-old woman weighing 75 kg (165 lbs) and standing 165 cm (5'5''):

$$BMR = (10 \times 75) + (6.25 \times 165) - (5 \times 35) - 161 = 1,462 \text{ calories}$$

Step 2

Factor in Activity Level

Multiply your BMR by an activity factor to estimate your Total Daily Energy Expenditure (TDEE):

- Sedentary (little to no exercise): $BMR \times 1.2$
- Lightly active (light exercise/sports 1–3 days a week): $BMR \times 1.375$
- Moderately active (moderate exercise/sports 3–5 days a week): $BMR \times 1.55$
- Very active (hard exercise/sports 6–7 days a week): $BMR \times 1.725$

Example:

If the woman above is moderately active:

$$TDEE = 1,462 \times 1.55 = 2,266 \text{ calories}$$

Step 3

Adjust for Your Goal

- For Weight Loss: Create a calorie deficit by eating fewer calories than your TDEE. Start with a moderate deficit of 500–750 calories per day for sustainable results.

Example: $TDEE \text{ of } 2,266 - 500 = 1,766 \text{ calories/day for weight loss.}$

- For Weight Gain: Add extra calories to your TDEE. Aim for a surplus of 250–500 calories per day to gain weight gradually and healthily.

Example: $TDEE \text{ of } 2,266 + 250 = 2,516 \text{ calories/day for weight gain.}$

Step 4

Monitor and Adjust

- Track your food intake and activity to ensure you're meeting your calorie goal. Use apps or food journals to log meals and snacks. Reassess your calorie number every few weeks as your weight or activity level changes.

Setting Up Your Calorie Deficit Plan

1. Calculate Your Calorie Goal: Use the steps above to determine your daily calorie needs.
2. Plan Your Meals: Balance your macronutrients (proteins, carbs, fats) to fuel your body while staying within your calorie range.
3. Incorporate Activity: Increase calorie burn by adding strength training, cardio, or even daily walks.
4. Hydrate: Staying hydrated helps with hunger control and energy levels.
5. Track Progress: Regularly check your weight, measurements, or fitness performance to ensure your plan is working.

How to Increase Calorie Burn

- ✓ Add Strength Training: Build muscle to boost your resting metabolic rate.
- ✓ Include High-Intensity Interval Training (HIIT): Quick bursts of intense activity burn more calories in less time.
- ✓ Stay Active Throughout the Day: Take stairs, stand more, or add short walks to your routine.
- ✓ Track Steps: Aim for at least 7,000–10,000 steps daily to increase overall activity.

Example Plan:

Goal: Lose weight with a calorie deficit.



- Daily Calorie Target: 1,800 calories (based on calculations).
- Weekly Exercise:
 - Monday: Strength Training (45 mins)
 - Wednesday: HIIT (30 mins)
 - Friday: Yoga (60 mins)
- Meals: Focus on lean protein, whole grains, and vegetables for nutrient density.

Now that you know your calorie number and how to adjust it for your goals, it's time to create your personalized plan. Start small, stay consistent, and make adjustments as needed. Your Body Werk family and resources are here to support you every step of the way—so let's set those goals, burn those calories, and REVIVE in 2025!

Revive Your Eating Habits

Food isn't the problem—it's our relationship with it. To "Eat to Live" means finding a sustainable approach to food that fits your lifestyle, helps you stay in a calorie deficit, and gives your body what it needs to function properly. These three plans cater to different lifestyles and stages of life, offering flexibility and variety to avoid burnout and help you stick to your goals. Choose the plan that works best for you now and feel free to switch it up when needed.

Plans



 **Protein Shake Meal Supplements** 

Who It's For:

- People who are always on the go.
- Those who find it hard to eat on schedule.
- Individuals who don't enjoy cooking.
- Anyone trying to avoid fast food while still staying consistent.

Overview:

This plan revolves around using protein shakes as meal replacements for 2-3 meals per day. Each week, you'll rotate in 1-2 whole food meals to keep variety and ensure a balanced diet.



 **Meal Prep Plan** 

Who It's For:

- Disciplined individuals who thrive on structure.
- People who like to cook or saving money.
- Those following a specific diet (low-carb, keto, etc.).
- Picky eaters who prefer control over ingredients.

Overview:

This plan focuses on meal prepping to ensure you have ready-to-eat, balanced meals. Set aside time once a week to cook and portion meals for the week ahead.

 **Intermittent Fasting (Skipping Meals)** 

Who It's For:

- Individuals who don't get hungry in the morning or struggle with overeating.
- People who want a simple, flexible plan without constant meal prep.
- Anyone looking to improve their relationship with food by eating only when truly hungry.

Overview:

This plan uses intermittent fasting to create a calorie deficit. You'll skip breakfast or dinner, depending on your lifestyle, and focus on eating balanced meals during your eating window.

Examples

Weekly Rotation Example:

Week 1: 2 shakes + 1 whole meal daily.

Week 2: 1 shake + 2 whole meals daily.

Sample Day:

Breakfast: Protein shake (with added greens or fruit).

Lunch: Protein shake.

Dinner: Grilled chicken, roasted veggies, and quinoa.

Tips:

Choose high-quality protein shakes with minimal sugar. Add healthy fats (like almond butter) or fiber (chia seeds) to shakes for satiety.

Steps:

1. Plan your meals and snacks for the week.
2. Shop for ingredients in bulk.
3. Cook and portion meals into containers.

Sample Day:

- Breakfast: Egg muffins with spinach and turkey sausage.
- Lunch: Baked salmon, brown rice, and steamed broccoli.
- Dinner: Ground turkey stuffed peppers.
- Snack: Greek yogurt with berries.

Tips:

- Rotate recipes weekly to prevent boredom.
- Use spices and herbs to keep flavors interesting.

Common Fasting Schedule:

- 16:8 Method: Fast for 16 hours, eat during an 8-hour window (e.g., 12 PM - 8 PM).
- 5:2 Method: Eat normally for 5 days, significantly reduce calories for 2 non-consecutive days.

Sample Day (16:8):

- Lunch (12 PM): Chicken salad with avocado and a vinaigrette.
- Snack (3 PM): Almonds and an apple.
- Dinner (7 PM): Grilled steak, sweet potato, and asparagus.

Tips:

- Drink plenty of water, tea, or black coffee during fasting hours.
- Prioritize nutrient-dense foods during your eating window.

Fast Food Revived

Fast food is often viewed as “bad,” but in reality, it’s convenient and easier to track calories. The key is choosing wisely to fit your calorie and nutritional goals.

What to Look For:

- Grilled options instead of fried.
- Skip the sauces or opt for low-calorie options.
- Balance meals with protein, carbs, and fats.
- Choose whole foods like beans, rice, and veggies.

Fast Food Revived Examples:

1. Subway:
 - **Order:** Turkey sandwich on whole wheat, no cheese, add all veggies, mustard instead of mayo.
 - **Avoid:** Chips and sugary drinks.
2. El Pollo Loco:
 - **Order:** Grilled chicken meal with steamed veggies and a side salad.
 - **Avoid:** Fried chicken and creamy dressings.
3. Taco Bell:
 - **Order:** Bean burrito or chicken soft taco fresco-style.
 - **Avoid:** Nacho cheese and fried options.
4. Tams or Toms Burgers:
 - **Order:** Grilled chicken sandwich or a burger without the bun.
 - **Avoid:** Large fries and sugary drinks.
5. Chipotle:
 - **Order:** Burrito bowl with chicken, black beans, fajita veggies, lettuce, and salsa.
 - **Avoid:** Sour cream, cheese, and heavy dressings.

Healthier Local Options in LA County:

- Sweetgreen: Build-your-own salads with lean proteins.
- California Fish Grill: Grilled salmon or shrimp with rice and veggies.
- Waba Grill: Grilled chicken bowl with veggies and brown rice.

No matter which plan you choose or if you grab fast food occasionally, the goal is to “Eat to Live.” Pick the approach that aligns with your current lifestyle and allows you to stay consistent without feeling restricted. By making intentional choices, you can build a healthier relationship with food and achieve lasting results.



Your Revive Fitness Journey

Here is your fitness lifestyle journey starts! This plan is designed to guide you step by step through building sustainable habits, understanding your body, and achieving your personal goals. This isn't just a program—it's a pathway to a healthier, more empowered version of you. Each quarter focuses on a different aspect of fitness and wellness to ensure balanced progress and keep things exciting.

Every phase is tailored to help you:

- Build habits that last a lifetime.
- Improve your physical, mental, and emotional well-being.
- Gain knowledge and tools to adapt to any stage of life.

Remember, this is your journey. Work at your own pace, stay consistent, and don't forget to celebrate every win—big or small!

Stay Connected and Document Your Progress

Check in with Coach Akilah to let her know how your journey is going—your feedback and engagement are incredibly important. Sharing your experience not only helps keep you accountable but also inspires others to start or continue their fitness journeys.

Take time to document your progress with pictures, videos, and status posts. Snap a quick mirror selfie, record a 30-second workout clip, or share a photo of a healthy meal you're proud of a healthy meal you've prepared, or a snapshot of your goals in action. Tracking your journey helps you see how far you've come, motivates you to keep going, and supports Body Werk by adding to our community of success stories.

Here's how you can share:

- Email: Send your updates to fullout@bodywerkfit.com
- Social Media: Share your journey on Facebook or Instagram and tag @BodyWerkFit
- Hashtags: Use our hashtags to help us find and celebrate your progress: #Revive2025 #BodyWerkFit #Revive

If you're shy about sharing, know that your journey matters. Your story could be the motivation someone else needs to start or stay consistent. Don't let perfection stop you—every effort is a victory worth sharing. And remember, you're part of a supportive community that's cheering you on every step of the way!

Let's revive our bodies, our habits, and our lives together. Let's get to werk!

Revive Fitness Journey

Plan Outline

Quarter 1: Jan - March

Foundation & Awareness

Setting the groundwork for your fitness and wellness journey. This quarter focuses on understanding where you are, what your body needs, and building foundational habits to support your goals.

Objectives:

- Assess your current fitness level and set realistic goals.
- Learn the importance of calorie balance and track your intake.
- Understand the basics of movement and why consistency matters.
- Build a workout habit through small, manageable steps.

Outline:

1. Initial assessments (weight, measurements, fitness level).
2. Understanding calorie numbers for weight loss, maintenance, or gain.
3. Establishing a workout routine (begin with 2-3 sessions per week).
4. Introduction to meal planning or supplementation.

Quarter 2: March-May

Strength & Growth

This quarter is about gaining strength—not just physically but also mentally. You'll focus on building endurance and mastering key exercises that elevate your fitness.

Objectives:

- Increase workout intensity and build muscle.
- Develop stronger discipline in meal planning or prep.
- Learn how to overcome obstacles and stay committed.
- Understand how your body adapts to consistent effort.

Outline:

1. Progressive overload techniques (e.g., adding weights, resistance bands).
2. Weekly workout types: HIIT, strength training, and mobility-focused sessions.
3. Advanced meal prep tips and adapting plans for variety.
4. Mental toughness exercises: Visualization, affirmations, and accountability.

Quarter 3: June-September

Endurance & Resilience

With your foundation and strength in place, this quarter emphasizes pushing limits and sustaining effort. It's about creating resilience—physically, mentally, and emotionally.

Objectives:

- Build cardiovascular endurance and overall stamina.
- Learn to adjust routines for long-term sustainability.
- Manage setbacks and practice self-care as part of the fitness lifestyle.
- Explore new workout styles to keep things fun and engaging.

Outline:

1. Incorporating cardio-focused workouts (e.g., walking, dance, trampoline).
2. Increasing workout durations and frequency (up to 4-5 sessions per week).
3. Flexible dieting: Managing cravings and balancing indulgences.
4. Recovery strategies: Stretching, yoga, and rest days.

Quarter 4: October - December

Mastery and Lifestyle Integration

The final quarter is about making fitness and wellness a permanent part of your lifestyle. You'll focus on mastery—knowing what works for you and confidently adapting as life changes.

Objectives:

- Solidify habits that align with your goals and lifestyle.
- Continue to challenge yourself with advanced workouts.
- Reflect on progress and set long-term fitness intentions.
- Maintain balance and prevent burnout.

Outline:

1. Advanced workout techniques: Step box, gut band, and chair exercises.
2. Long-term meal strategies: Intuitive eating and balanced choices.
3. Lifestyle fitness: Incorporating movement into daily routines.
4. Goal setting for the future: Revisiting assessments and planning ahead.

Enhancing Your Fitness Journey

Revive with Supplements

Here's a list of vitamin supplements that can support weight loss efforts when combined with a healthy diet and exercise plan. These supplements can help boost metabolism, energy levels, and overall health:

Weight Loss

1. Vitamin D
 - Benefits: Supports fat loss, helps regulate appetite, and improves mood.
 - Sources: Sunlight, fortified foods, supplements.
2. Vitamin B Complex
 - Benefits: Helps convert food into energy and boosts metabolism.
 - Specific Types:
 - B12: Increases energy and reduces fatigue.
 - B6: Supports the metabolism of fats, proteins, and carbohydrates.
3. Vitamin C
 - Benefits: Improves fat oxidation during exercise and supports overall immunity.
 - Sources: Citrus fruits, supplements.
4. Magnesium
 - Benefits: Regulates blood sugar levels and reduces stress, which can help with weight control.
 - Sources: Nuts, seeds, leafy greens, supplements.
5. Zinc
 - Benefits: Supports metabolism and appetite control.
 - Sources: Shellfish, meat, seeds, supplements.
6. Omega-3 Fatty Acids (Fish Oil)
 - Benefits: Reduces inflammation, improves metabolism, and supports heart health.
 - Sources: Fatty fish, flaxseeds, supplements.
7. Probiotics
 - Benefits: Improves gut health, which can influence weight and appetite regulation.
 - Sources: Fermented foods, supplements.
8. Green Tea Extract
 - Benefits: Contains antioxidants (EGCG) that boost metabolism and fat burning.
 - Sources: Green tea, supplements.
9. Chromium
 - Benefits: Helps regulate blood sugar levels and reduce cravings.
 - Sources: Whole grains, broccoli, supplements.
10. Iron
 - Benefits: Supports oxygen transport in the body, boosting energy levels for exercise.
 - Sources: Red meat, beans, supplements.
11. Fiber Supplements
 - Benefits: Promotes fullness and helps regulate digestion.
 - Sources: Psyllium husk, inulin, supplements.
12. L-Carnitine
 - Benefits: Helps transport fat to be burned for energy.
 - Sources: Meat, dairy, supplements.

Here is a list of supplements that can support hormonal balance, addressing issues such as energy levels, mood swings, weight fluctuations, and other common symptoms of hormonal imbalance:

Hormonal Balance

1. Omega-3 Fatty Acids
 - Why: Reduces inflammation, supports brain health, and stabilizes hormones like cortisol and insulin.
 - Sources: Fish oil, krill oil, or plant-based sources like flaxseed oil.
2. Magnesium
 - Why: Reduces stress hormones, supports adrenal function, and aids in better sleep.
 - Sources: Magnesium citrate, glycinate, or magnesium-rich foods like spinach and almonds.
3. Adaptogens
 - Why: Balances stress hormones like cortisol and supports adrenal health.
 - Examples: Ashwagandha, Rhodiola, Maca root.
4. Probiotics
 - Why: Enhances gut health, which is essential for hormone production and detoxification.
 - Sources: Probiotic capsules or fermented foods like yogurt, kefir, and sauerkraut.
5. Evening Primrose Oil
 - Why: Eases PMS symptoms, regulates cycles, and supports healthy skin.
 - Sources: Capsules or oil form.
6. DIM (Diindolylmethane)
 - Why: Helps balance estrogen levels and detox excess estrogen.
 - Sources: Found in cruciferous vegetables or as a supplement.
7. Vitamin E
 - Why: Supports reproductive hormone balance and reduces inflammation.
 - Sources: Supplements or foods like sunflower seeds and almonds.
8. Selenium
 - Why: Essential for thyroid hormone production and overall endocrine health.
 - Sources: Brazil nuts, selenium tablets.
9. Calcium-D-Glucarate
 - Why: Assists in detoxifying excess estrogen and supports liver function.
 - Sources: Found in supplements.
11. Coenzyme Q10 (CoQ10)
 - Why: Boosts energy production at the cellular level and supports hormonal health.
 - Sources: Supplements or foods like fatty fish and organ meats.
12. Chasteberry (Vitex)
 - Why: Regulates the menstrual cycle and alleviates PMS symptoms.
 - Sources: Capsules, tinctures, or tea form.
13. Iodine
 - Why: Supports thyroid function, which plays a critical role in hormonal balance.
 - Sources: Kelp supplements or iodized salt.

Note: Always consult with a healthcare provider before starting any new supplement to ensure it's safe and appropriate for your individual health needs. Supplements are most effective when paired with a balanced diet, regular exercise, and other healthy lifestyle habits.

Your Personal Fitness Journey

Track Your Goals and Reflect

This page is designed to help you track your progress and stay aligned with your fitness and wellness goals. Use this space to document your starting point and reflect on how far you've come. Consistency and mindfulness are the keys to lasting change.

Measurements (Optional):

Waist: _____

Hips: _____

Chest: _____

Other: _____

Fitness Goals (short term)

Weight Track (Optional):

Weight (start): _____

Weight (goal): _____

Mid Check: _____

Last Weight: _____

Fitness Goals (long term)

REVIVED IN 2025

Congratulations on taking the steps toward becoming your best self. Your commitment to your health and well-being is a powerful testament to your resilience and determination.

Remember:

- Your journey is unique—celebrate every victory, big or small.
- Consistency is your ally—each day brings a new opportunity to invest in yourself.
- Mindset matters—embrace challenges as stepping stones to success.

When you reflect on where you started and see how far you've come, let it inspire you to keep going. Trust the process, and know that every effort you put in is building the life you desire.

Check in with yourself often. Take note of your progress, and don't hesitate to reach out to Coach Akilah for guidance, motivation, or a fresh perspective. Your success is our success!

We believe in you. You've got this. Let's revive together!
Stay committed, stay consistent, and keep moving forward.

Coach Akilah 💪

#BodyWerkFit | #Revive2025