



The 35 + Hormone Reset Guide

Burn Fat. Balance Hormones. Build The Body You Deserve

By Anowa Adjah

“You’re Not Stuck your body just needs a new strategy”

- Hormones shift after 35
- Workouts must change
- Supplements matter more

Daily Foundations

- Multivitamin
- Vitamin D3
- Omega-3

Stress Recovery

- Magnesium Glycinate
- B-Complex
- Omega-3

Gut + Beauty

- Probiotics
- Collagen
- Ginger Root

Hormone + Fat Loss

- Myo-Inositol
- Collagen Peptides

Shop My Exact Supplement Stack

“I’ve already curated everything for you”



Anowa's Amazon Storefront

“Your Workouts Might Be Blocking Your Results”

Leads to Cortisol Spikes which leads to Belly Fat Storage

- Too Much Cardio
- Too Much HIIT
- Overtraining
- Not Enough Rest

Build Muscle = Burns Fat

- Boosts Metabolism
- Burns Fat At Rest
- Shapes Your Body
- Balances Hormones

What To Do

- Strength Training
 - Resistance Workouts
 - Structured Programs
-

“Stop Guessing. Start Transforming”



“Lose The Gut, Keep The Butt Challenges ”

Include Access To:

- Weekly Live Workout (YouTube)
- A Complete Workout Program
- Pre-Recorded Workouts
- Nutrition Guide
- Live Q& A + Coaching
- Community Support



Lose The Gut Keep The Butt Workout Program

“Do You Need More Support?”

“1:1 Training/Coaching”

- 1:1 Call with Coach Anowa
- Custom Workout & Nutrition Plan
- Pre-Recorded Exercise
- Personal Nutrition Plan
- Zoom Guidance
- Extended Community Support



“1:1 Training”

Disclaimer

This guide is for informational purposes only and is not intended as medical advice. Please consult your healthcare provider before starting any new supplements or wellness routine
