

EMPOWER30: THYRO REVIVE METHOD

Welcome to Empower 30! You've already taken the first step toward transforming your health and life. If you're ready for something truly life-changing, keep reading.

EMPOWER30 is a holistic program designed to help you shed stubborn belly fat, heal your hormones, and achieve overall wellness. This transformative journey combines a **Bulletproof Mindset, Yoga, Strength Training, Balanced Nutrition**, and **Deep Sleep** to help you become leaner, stronger, and healthier from the inside out.

Meet Supriya Chhabra: Yoga & Transformation Coach

At 33, after giving birth via C-section, I faced a challenging recovery. My haemoglobin levels dropped significantly, and I struggled with fatigue, weight gain, and low energy. As a new mother, overwhelmed by suggestions for lengthy gym sessions and restrictive diets, I sought a sustainable path to well-being. Through a balanced combination of yoga, strength training, and a balanced nutrition plan, I transformed from 71 kg to 53 kg in just six months. This journey led me to leave my corporate job at Oracle, pursue extensive training in yoga (eRYT 800 hrs Yoga Alliance International), and earn a Master's degree in Yoga and Science of Living, along with a certification in Nutrition from Precision Nutrition, Canada.

Now, I'm on a mission to empower busy women to feel stronger, leaner, and healthier through the **EMPOWER30** program.

Recognitions:

Featured in leading media channels and newspapers: [Zee TV](#), [ZEE News](#), [ZEE MPCG](#), Zee Health, Zee5 OTT Platform, Aaj Tak, Hindustan Times, ZEE MPCG.



EMPOWER30 is more than just a fitness program; it's a complete lifestyle transformation. Whether you choose the 12-week quick-start, the 24-week deeper dive, or the full 1-year journey, EMPOWER30 offers a sustainable path to fat loss, muscle gain, hormonal balance, and holistic well-being. It integrates physical exercise, mental strength, positive affirmations, and nutritional balance for a comprehensive approach to health.

The Five Pillars of EMPOWER30:

1. Bulletproof Mindset:

This pillar focuses on breaking through mental barriers by building confidence, resilience, and clarity through expert coaching and daily affirmations. Personalized affirmations are crafted to address your unique health struggles, empowering you with the mindset necessary to sustain lasting transformation.

2. Yoga for Flexibility, Stress Relief, and Hormonal Balance:

Engage in yoga practices tailored to enhance flexibility, reduce stress, and harmonize hormones. These sessions incorporate carefully chosen asanas and breathwork techniques to foster a balanced body-mind connection, alleviate tension, and restore emotional equilibrium.

3. Strength Training for Fat Loss and Muscle Building:

A progressive strength-training program designed to build lean muscle, boost metabolism, and support effective fat loss. This pillar also focuses on joint health, physical endurance, and sculpting a toned physique that aligns with your fitness journey.

4. Balanced Nutrition for Health and Hormone Healing:

Savor nutrient-dense meal plans tailored to support your body's healing and energy needs, focusing on fat loss, thyroid health, and hormonal balance. By aligning with your food preferences and nourishing your body sustainably, these plans ensure optimal health and enjoyment.

5. Deep Sleep for Recovery and Vitality:

Harness the power of ancient yogic practices such as yoga nidra and guided meditations to improve sleep quality. This pillar combines these practices with actionable tips for a calming bedtime routine and an optimized sleep environment, ensuring deep rest for recovery and hormonal health.

The THREE Phases of EMPOWER30:

The EMPOWER30 Method is a holistic approach designed to help women achieve fat loss, reverse thyroid imbalances, and restore hormonal harmony. Recognizing that every woman's journey is unique, this method combines mindset transformation, tailored nutrition, and progressive movement practices to create sustainable, life-changing results.

At the heart of this method lies the belief that true transformation extends beyond physical changes. It requires a shift in mindset, healing from within, and building habits that last a lifetime. Through carefully structured phases, the EMPOWER30 Method empowers women to take charge of their health, overcome barriers, and thrive in their bodies with confidence and vitality.

Here's how the journey unfolds:

Phase 1: Building Health Psychology

During the first two weeks, we focus on developing a **resilient mindset and healthy habits** by incorporating more movement, mindful eating, and sustainable nutrition. This phase is about setting the foundation for long-term success.

🚫 **We don't** focus on quick fixes or temporary solutions. Instead, we build a resilient mindset and sustainable habits for long-term healing.

🚫 **We don't** rely on restrictive diets or generic plans. Nutrition is customized to fit each mentee's lifestyle and needs.

🚫 **We don't** ignore the importance of mindset. A strong, positive outlook is the foundation of any transformation.

🚫 **We don't** neglect stress, sleep, or lifestyle factors. True healing goes beyond diet and exercise.

Phase 2: Fat Loss Acceleration

As we progress, we focus on **accelerating fat loss while maintaining hormonal balance** through strength training, flexibility work, and strategic nutrition adjustments. This phase is where transformation begins to take shape.

🚫 **We don't** chase extreme calorie deficits or crash diets. Instead, we focus on balanced nutrition that fuels the body and supports healing.

🚫 **We don't** push high-intensity workouts that burn you out. We incorporate progressive strength training and yoga for fat loss, metabolism boost, and stress relief.

🚫 **We don't** ignore the impact of inflammation. We eliminate triggers and introduce healing foods to restore hormonal balance.

🚫 **We don't** let mental barriers hold you back. We reinforce a bulletproof mindset to help you stay consistent and confident.

Phase 3: Sustainability & Empowerment

Once you've reached your **weight and health goals**, we shift our focus to **long-term maintenance** and making wellness a seamless part of your life.

🚫 **We don't** rely on short-term motivation. Instead, we build lifelong habits that make fitness and well-being a natural part of your daily routine.

🚫 **We don't** promote rigid, unsustainable routines. Our approach is adaptable, ensuring long-term success without feeling restrictive.

🚫 **We don't** abandon you after reaching your goal. Continuous guidance, check-ins, and accountability help you stay on track.

🚫 **We don't** see this as just a fitness journey. This is a complete transformation—physically, mentally, and emotionally—so that you feel strong, confident, and in control for life.

This isn't about just losing weight—it's about **creating a lifestyle where you never have to "start over" again.** 🚀 ✨

Addressing Thyroid Issues in EMPOWER30

Thyroid health is crucial, especially for women over 30, as the thyroid gland regulates metabolism, energy, and hormonal balance. EMPOWER30 addresses thyroid issues by focusing on root causes, not just symptoms, to help restore optimal thyroid function and overall health.

How EMPOWER30 Supports Thyroid Health:

1. **Holistic Hormonal Health:** Balances the endocrine system through nutrition, exercise, stress management, yoga, and deep sleep, improving overall wellness and thyroid function.
2. **Thyroid-Supportive Nutrition:** Meal plans focus on foods rich in iodine, selenium, zinc, and Omega-3s to support thyroid hormone production, reduce inflammation, and enhance gut health.
3. **Gut Health Improvement:** Probiotic-rich foods, fiber, and anti-inflammatory ingredients help repair the gut lining, reduce inflammation, and support thyroid function.
4. **Stress and Cortisol Management:** Daily yoga, deep breathing, and mindfulness practices lower cortisol levels, improving thyroid hormone production.
5. **Yoga for Thyroid Activation:** Specific yoga poses (like shoulder stands and fish pose) are integrated into the program to increase blood flow to the thyroid gland, enhancing its function and helping to reduce stress, which is vital for hormonal balance. EMPOWER30 includes **live online yoga classes** focused on thyroid health, providing personalized one-on-one feedback to ensure proper form, alignment, and maximum benefits for your thyroid and overall well-being.
6. **Strength Training for Metabolism:** Boosts lean muscle mass, metabolism, and insulin sensitivity, aiding weight management for thyroid issues.
7. **Targeted Supplementation:** Individualized guidance on supplements like Vitamin D, selenium, zinc, and iodine, based on assessments and bloodwork.
8. **Regular Bloodwork Monitoring:** Tailored nutrition and supplementation plans optimize thyroid function and overall health.
9. **Lifestyle Integration:** Promotes sustainable, thyroid-friendly habits and stress-reducing techniques for long-term health.

Program Inclusions

1. **Personalized Nutrition Plan:** Tailored to your goals, preferences, health markers, budget, and eating habits.
2. **Daily WhatsApp Check-ins:** Motivation, accountability, and real-time support every single day via voice notes, and text messages
3. **Weekly Check-ins:** Regular progress reviews to keep your program aligned with your goals. We measure the weight, body parts and review weekly progress.
4. **Zoom Online Live Yoga & Strength Training Classes:** The Yoga classes are group classes with 1-on-1 personalized attention and guidance. Classes are focused on the following goals:
 - ✓ Fat Loss

- ✓ Thyroid Healing
 - ✓ Overall Hormonal Healing
 - ✓ Stress & Anxiety Reduction
5. **5,000-10,000 Step Count Challenge:** Encourages regular movement and supports cardiovascular health.
 6. **Delicious and Healthy Recipes:** Easy, nutritious, and balanced recipes for sustainable healthy eating.
 7. **Supplementation Guidance:** Recommendations based on needs and budget, focused on essential supplements.
 8. **Bloodwork Analysis:** To monitor and optimize health and fitness progress, all plans are designed to improve your blood parameters.
 9. **Full Lifestyle Integration:** Aligned with your lifestyle for sustainable, achievable results.
 10. **Complete handholding:** Our team would be available to support you in your Thyroid healing and FAT loss journey at every step.

Package Details and Duration:

We offer flexible plans to support you on your journey. Check out the details below, and choose the one that is best for you.

1. Empower30 Elite

This is an all-inclusive package where we follow a Structured Approach to FAT loss - Working on Mindset, identifying root cause of your hormonal disorders, Live Yoga Classes, Nutrition, recorded Strength Training workouts, Sleep and building healthy habits. You also have support from your Empower30 Community, you are never alone in this journey. These plans are available in 12 weeks, 24 weeks and 1-year options. You also have support from your Empower30 Community, you are never alone in this journey. These plans are available in 12 weeks, 24 weeks and 1-year options.

Inclusions

- ✓ **Building Health Psychology, Foundation & Habit Building**
- ✓ **Zoom Live Yoga & Strength Training Classes 3-5 times a week**
- ✓ **Recorded Workout for Non-Class Days**
- ✓ **Balanced Nutrition Plans**
- ✓ **Fixing Sleep & Recovery**
- ✓ **Access to Empower30 Community**
- ✓ **5000-10000+ Steps Challenge**
- ✓ **Support during travel**

- ✓ **Support while attending social events, eating out**

2. Empower30 Pro

This is an all-inclusive package where we follow a Structured Approach to FAT loss - Working on Mindset, identifying root cause of your hormonal disorders, **recorded** Yoga Classes, Nutrition, recorded Strength Training workouts, Sleep and building healthy habits. You also have support from your Empower30 Community, you are never alone in this journey. These plans are available in 12 weeks, 24 weeks and 1-year options. You also have support from your Empower30 Community, you are never alone in this journey. These plans are available in 12 weeks, 24 weeks and 1-year options.

- ✓ **Building Health Psychology, Foundation & Habit Building**
- ✓ **Recorded Follow along workouts**
- ✓ **Balanced Nutrition Plans**
- ✓ **Fixing Sleep & Recovery**
- ✓ **Access to Empower30 Community**
- ✓ **5000-10000+ Steps Challenge**
- ✓ **Support during travel**
- ✓ **Support while attending social events, eating out**

3. Empower 30 FatBurn Yoga & Strength Training Classes:

Transform your body with FatBurn Yoga, designed to help you lose weight while building strength, flexibility, and mental clarity. These classes combine dynamic vinyasa flows, core-strengthening poses, and breathwork to boost metabolism, burn fat, and tone your body.

Suitable for all levels. 12- power packed sessions every month

Inclusions

- ✓ **Zoom Live Yoga & Strength Training Classes 3-5 times a week**
- ✓ **Access to Empower30 Community**
- ✓ **5000-10000+ Steps Challenge**

Class Timings:

- 6-7 am T, Th, F
- 7-8 am M, W, F
- 11-12 noon pm M, W, F (12-1 pm till 30 the March)
- 6-7 pm M, W, F

Join Us on This Journey

At Team Empower30, your success is our success. Start your EMPOWER30 journey today and take the first step toward a healthier, stronger, and more empowered you! Check out the program details above, and chose the one that suits best.

TERMS AND CONDITIONS:

- **No Medical Advice:** We do not provide medical advice. Please consult a physician before starting any nutrition or workout program.
- **Disclosure of Medical Issues:** It is mandatory to disclose any medical conditions before enrolling in our programs.
- **Mutual Respect:** Mutual respect and basic etiquette must be maintained throughout the program.
- **Communication:** Every member of Team EMPOWER30 must update us regularly throughout the transformation journey for constant motivation, plan updates, and improvements.
- **Non-Refundable Policy:** Program fees are non-refundable as our services involve personalized plans and dedicated support tailored to each mentee's needs.