

# THE REBELLION PROJECT

***Because we don't pause – we rise.***

A holistic 10-week strength and health transformation for women in perimenopause and menopause – built on education, strength training, and pro-metabolic nutrition.

- **Phase 1 (Weeks 1-10): The Rebellion Reset** – education, awareness, and foundation building.
- **Phase 2 (Weeks 11-20): The Rebellion Rise** – progression, empowerment, and mastery.

## **PHASE ONE: THE REBELLION RESET**

***Education. Foundation. Strength from the inside out.***

### **Purpose:**

To rebuild the foundations of metabolic health, strength, and confidence – through awareness, nourishment, and structured training that works *with* your body's physiology.

### **Structure Overview**

<b>Focus Area</b>	<b>Goal</b>	<b>Method</b>
<b>Education</b>	Understand hormones, metabolism & the nervous system	Workshops + resources
<b>Nutrition</b>	Fuel the body, reduce stress, support recovery	Pro-metabolic meal guides, weekly habits
<b>Training</b>	Build strength & confidence	2-4 strength training workouts/week
<b>Mindset</b>	Reconnect with self-belief	Weekly reflection & journaling
<b>Community</b>	Belong, share, and grow	Private group + live coaching calls



## 10-Week Breakdown

- Learn: What's happening in perimenopause & menopause
- Reset routines for energy, sleep & recovery
- Intro to strength training principles
- Nutrition focus: eat enough, not less
- Understanding stress, thyroid & cortisol
- Create balanced meals (protein + carbs + fats)
- Training: foundational movement patterns
- Build daily rhythm: light, sleep, and rest cycles
- Boost energy by eating for metabolism
- Identify under-fuelling and overtraining signs
- Progressive strength training begins
- Mindset: shifting from "fixing" to "thriving"
- Focus on lifting technique, tension, tempo
- Nutrition focus: minerals & recovery foods
- Education: how hormones affect training & results
- Community challenge: "Lift Heavy, Live Loud"
- Learn how muscle supports metabolism & fat loss
- Optimise protein and carb timing
- Advanced strength progressions
- Reflection: noticing physical & emotional shifts
- Review: new habits, mindset, and energy levels
- Prepare for Phase 2 (goal setting & testing)

## **PHASE TWO: THE REBELLION RISE**

**Progress. Empowerment. Living strong.**

### **Purpose:**

To build on the foundations of Phase 1 – with a focus on physical strength, metabolic resilience, emotional balance, and leadership within the community.

### **Structure Overview**

<b>Focus Area</b>	<b>Goal</b>	<b>Method</b>
<b>Education</b>	Deepen understanding: strength, metabolism, hormones	Advanced workshops
<b>Nutrition</b>	Individualised pro-metabolic approach	Personal tracking, recovery support
<b>Training</b>	Strength progression & performance goals	2-4 workouts/week
<b>Mindset</b>	Identity shift – “I am strong”	Reflection, journaling, community leadership
<b>Community</b>	Peer mentoring & accountability	Pairing & group projects

### **10-Week Breakdown**

- Focus: strength and performance goals
- Learn: training periodisation & recovery cycles
- Nutrition: fuel for strength and muscle gain
- Deeper dive into thyroid, liver & blood sugar balance
- Explore stress resilience & restorative routines
- Introduce breath work, mobility & recovery days
- Learn: midlife body composition & longevity
- Focus on sustainability and long-term results
- Mindset: leadership in life, work, and body

- Community strength or movement challenge
- Track progress: strength tests, energy, mood
- Nutrition: recovery optimisation & supplementation (education-based, not medical)
- Create personalised rhythms: training, food, rest
- Habit anchoring & long-term consistency
- Group coaching: removing perfection pressure
- Reflect on your transformation
- Goal-setting for the next season
- Celebration
- Invitation into the **Rebellion Collective**

### **After the 20 Weeks**

Women transition into **The Rebellion Collective** – a continuing community and coaching membership for:

- Ongoing strength training & program updates
- Monthly education workshops
- Live Q&As
- Support through each new season of change

### **Rebellion Philosophy**

“We don’t shrink with age – we expand in power.”

The Rebellion Project is about **education over medication, fuel over restriction, and strength over fear.**