

Nourish. Sweat. Rekindle.

A Signature Wellness Program by Inshaa Arora

Nourish. Sweat. Rekindle. is not just a fitness or diet plan. It is a deeply transformative wellness journey designed to help you reconnect with your body, rebuild your energy, and rediscover your confidence — without restriction, guilt, or burnout.

Created by integrative health coach and author **Inshaa Arora**, this program blends science, self-awareness, and compassion to help you build sustainable health from the inside out.

This is where nourishment meets movement. Where discipline meets self-trust. Where healing meets empowerment.



The Philosophy Behind the Program

Most wellness programs focus only on calories, workouts, and weight.

This one focuses on **you**.

At its core, this program is built on three pillars:

Nourish

Learning how to fuel your body with the right balance of nutrients — without obsession or deprivation.

You will understand:

Portion Awareness

Balanced Eating

Gut Health

Blood Sugar Stability

Protein & Fiber Needs

Mindful Food Choices

- No extreme dieting. No cutting out entire food groups. Only practical, sustainable nutrition.



Sweat

Movement that strengthens, energises, and supports your body — not punishes it.

You will receive:



Simple Home Workouts

Accessible routines you can do from the comfort of your own space



Mobility & Recovery Tips

Protect your body and bounce back faster between sessions



Hormonal & Metabolic Support

Support for joint, hormonal, and metabolic health



Strength & Cardio Guidance

Balanced programming to build endurance and muscle



Consistent Movement Routines

Build habits that stick and become second nature



Fitness becomes empowering, not exhausting.

Rekindle

This is where real transformation happens.

Rekindle means rebuilding your relationship with yourself.

You will work on:

- Emotional eating patterns
- Self-sabotage cycles
- Stress management
- Body image healing
- Boundaries and self-care
- Confidence and self-trust



This pillar helps you reconnect with your inner strength and motivation.

What's Included in the Program?

When you join **Nourish. Sweat. Rekindle.**, you receive:



Personalised Nutrition Guidance



Customised Movement Plans



Lifestyle & Habit Coaching



Supplement Guidance (if required)



Weekly Check-ins & Progress Reviews



Accountability & Motivation



Tools for Stress, Sleep & Energy

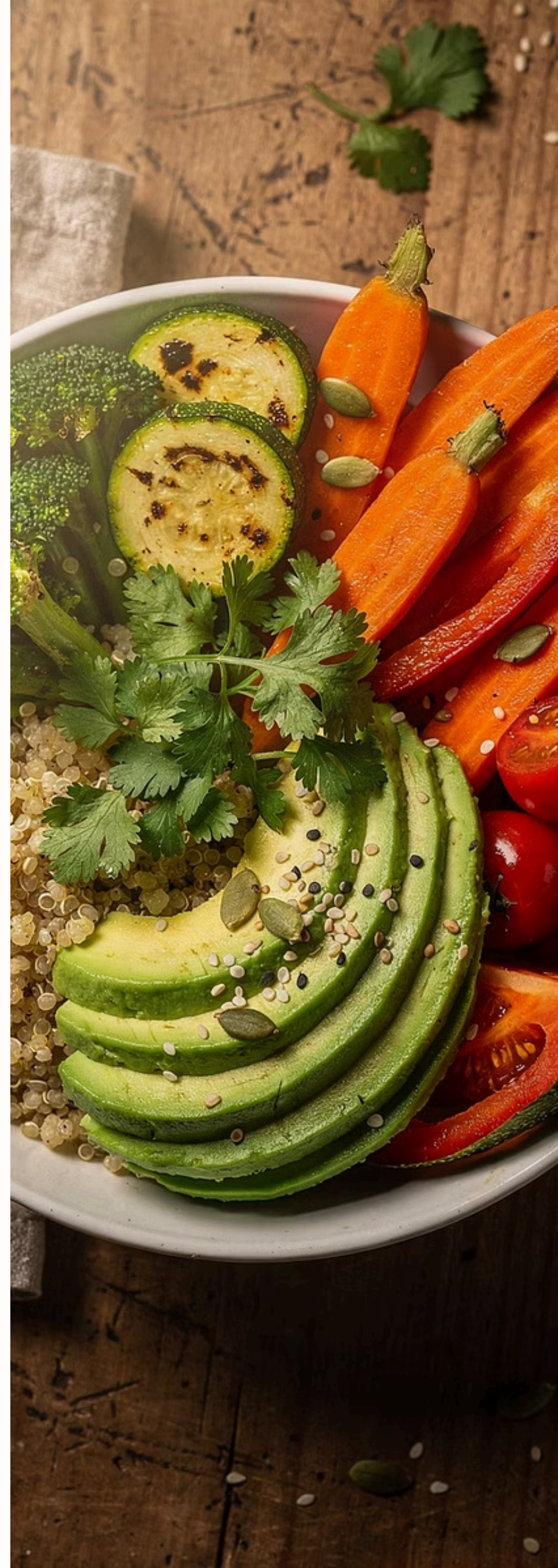


Access to Expert Support



Emotional & Mindset Coaching

Every plan is tailored to your health history, lifestyle, goals, and preferences. **No generic templates. No copy-paste programs.**





The Inshaa Arora Approach

With over 9+ years of coaching experience, international education, and hundreds of client transformations, Inshaa brings a unique blend of:

Scientific Knowledge	Intuitive Understanding
Real-Life Practicality	Emotional Intelligence
Deep Empathy	

Her approach is rooted in:

"Listen to your body. Trust yourself. Build strength from within."

This program is inspired by her own journey — from being bullied for her weight to becoming a resilient runner, coach, and author — and her mission to help others reclaim their power.

Results You Can Expect

With consistency and commitment, participants often experience:



Sustainable Fat Loss

Lasting results without extreme restriction



Increased Energy

Increased energy and stamina throughout the day



Better Digestion

Better digestion and gut health



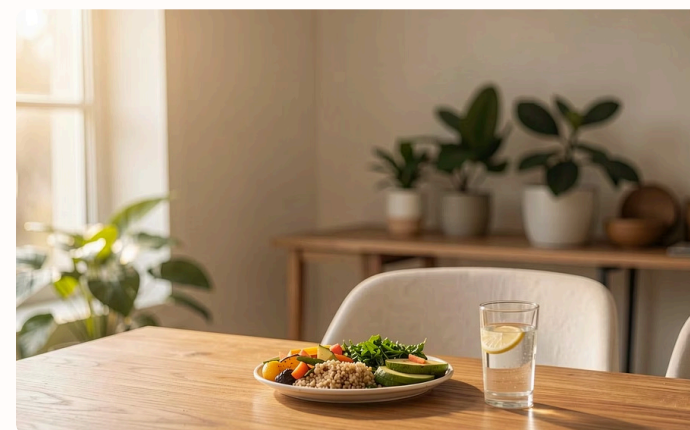
Improved Strength

Improved strength and mobility



Balanced Hormones

Balanced hormones and metabolism



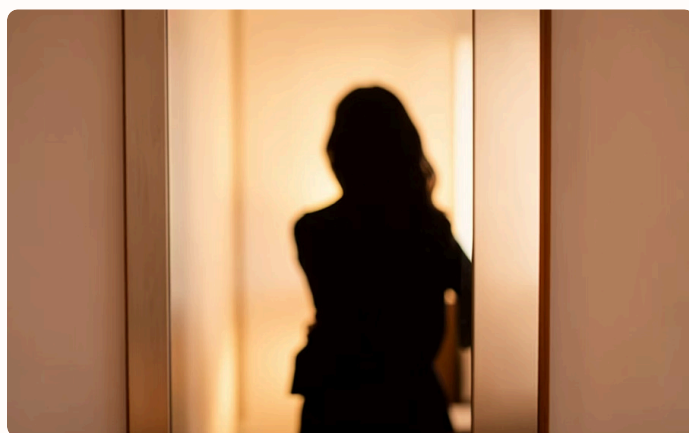
Reduced Cravings

Reduced cravings and emotional eating



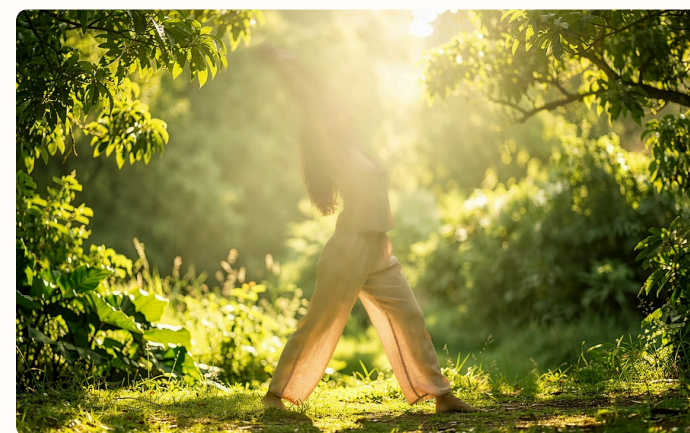
Better Sleep & Mood

Better sleep and mood every day



Higher Confidence

Higher confidence and self-worth



Healthier Relationship

A healthier relationship with food and fitness

More than physical change — this is a mental and emotional upgrade.

What Makes This Program Different?

Unlike typical wellness programs, this journey:

What This Program IS

- Customised, not generic
- Focuses on healing, not just weight
- Builds habits, not dependency
- Encourages independence and self-trust
- Supports mental and emotional health
- Fits into real-life schedules
- Prioritises sustainability over speed

What You Gain

Wisdom

Deep understanding of your body and its needs

Strength

Physical and mental resilience that lasts

Clarity

A clear path forward — no more confusion or overwhelm

- ☐ You don't just lose weight. You gain wisdom, strength, and clarity.



Program Format

The program is offered in flexible durations:

1

1 Month

Begin your transformation and build foundational habits

2

3 Months

Deepen your practice and see meaningful, lasting change

3

6 Months

Full transformation — deeper habit-building and long-term results

Longer programs allow deeper transformation and habit-building.

- Your journey begins with a detailed health assessment, followed by a personalised roadmap.





A Message from Inshaa

"I created Nourish. Sweat. Rekindle. for people who are tired of fighting their bodies.

You don't need more discipline. You need understanding. You don't need punishment. You need support.

Your body is not the problem. It has always been on your side.

Let's learn to listen to it again."

— **Inshaa Arora**

Ready to Begin?

If you are ready to stop starting over and finally build a healthy, strong, and confident version of yourself, this program is for you.



Book Your Consultation

Start with a detailed health assessment and personalised roadmap



Join the Journey

Step into a program built entirely around you and your goals



Rekindle Your Power

Reconnect with your body, your strength, and your confidence

