

PROVita

December Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DAY 1 Basic Jump Alternate Foot Jump (30 seconds each)	DAY 2 Basic Jump Side-to-side (30 seconds each)	DAY 3 Rest Day (Try Meditation or Yoga)	DAY 4 Basic Jump Alternate Foot Jump (30 seconds each)	DAY 5 Basic Jump Side-to-side (30 seconds each)	DAY 6 Basic Jump High Knees Jump (30 seconds each)	DAY 7 Basic Jump Side-to-side (30 seconds each)	
DAY 8 Basic Jump Alternate Foot Jump (45 seconds each)	DAY 9 Basic Jump Side-to-side (45 seconds each)	DAY 10 Rest Day (Try Meditation or Yoga)	DAY 11 Basic Jump Alternate Foot Jump (45 seconds each)	DAY 12 Basic Jump Side-to-side (45 seconds each)	DAY 13 Basic Jump High Knees Jump (45 seconds each)	DAY 14 Basic Jump Side-to-side (45 seconds each)	
DAY 15 Basic Jump Alternate Foot Jump (1 minute each)	DAY 16 Basic Jump Side-to-side (1 minute each)	DAY 17 Rest Day (Try Meditation or Yoga)	DAY 18 Basic Jump Alternate Foot Jump (1 minute each)	DAY 19 Basic Jump Alternate Foot Jump (1 minute each)	DAY 20 Basic Jump High Knees Jump (1 minute each)	DAY 21 Basic Jump Side-to-side (1 minute each)	
DAY 22 Basic Jump Alternate Foot Jump (1 minute and 30 seconds each)	DAY 23 Basic Jump Side-to-side (1 minute and 30 seconds each)	DAY 24 Rest Day (Try Meditation or Yoga)	DAY 25 Basic Jump Alternate Foot Jump (1 minute and 30 seconds each)	DAY 26 Basic Jump Alternate Foot Jump (1 minute and 30 seconds each)	DAY 27 Basic Jump High Knees Jump (1 minute and 30 seconds each)	DAY 28 Basic Jump Side-to-side (1 minute and 30 seconds each)	
DAY 29 Basic Jump Alternate Foot Jump (1 minute and 45 seconds each)	DAY 30 Basic Jump Side-to-side (1 minute and 45 seconds each)	DAY 31 Rest Day (Try Meditation or Yoga)	Reminder: 1. For examples of exercises and nutrition please message our Official Facebook page (Proweightloss Program) and visit our website (www.provitaproducts.com) 2. Have a morning cup of PCoffee. 3. Take your Provita Probiotics once before bedtime. 4. Drink 3 liters of water a day. 5. Add Provita Shape in Shake to your meal. 6. Take a 'Before and After' picture and post it with #Provita #CoachBarbie #PCOS30 7. Join our free coaching sessions to guide you better. 8. Once finished, post it to our official Facebook Group (PCOS 30 OFFICIAL FB GROUP by CoachBarbie)				” “It’s good to be fit this Christmas. Happy Holidays!”

TRIVIA: Perfect Duo: PCOS30 Program and Provita!

The PCOS30 Program and Provita Probiotics work together to address PCOS naturally by improving gut health, hormonal balance, and overall well-being.

Gut Health & Hormonal Balance:

Provita probiotics support a healthy gut microbiome, improving insulin sensitivity and hormone regulation. The PCOS30 Program helps identify foods that trigger inflammation, allowing you to pinpoint dietary changes for better hormone balance.

Weight Loss & Fertility:

PCOS30 eliminates foods that worsen insulin resistance, while Provita boosts metabolism and fertility through gut health, making weight loss and ovulation easier.

Personalized Results:

PCOS30 helps you discover your unique food triggers, while Provita supports gut healing, reducing inflammation, and balancing hormones, giving you a clearer picture of what works best for your body.

Proven and Tested:

With 14 years of proven effectiveness, Provita has been scientifically tested to improve PCOS symptoms, while PCOS30 offers a structured plan for lasting changes.



Take your Provita and get your FREE PCOS30 Guide Today!



Know more about us: www.provitaproducts.com