



Dear Brides, Family, and Friends,

The big day is fast approaching, and it's the perfect time to focus on the bride's health, energy, and vitality. Our 12-Week Wedding Glow Guide is designed to help her feel her best whether it's losing weight, boosting energy, or simply enhancing overall wellness.

This guide isn't just about looking great in the dress, it's about feeling confident, radiant, and strong.

Family and friends, supporting her during this journey is a meaningful way to show your love and encouragement.

Let 1st Optimal help the bride glow on her special day and beyond.

Joe & Amber Miller Founders, 1st Optimal



WEEK 1 – The Foundation Reset

Goal: Establish habits, stabilize blood sugar, begin moving daily.

- **Training:** 3 strength sessions (2 lower, 1 upper).
- **Steps:** 8 000 per day (min 7 000).
- Cardio: 30 min Zone 2 (RPE 6, 60 % max HR).
- Nutrition: Protein + fiber at every meal
 (≈ 1 g protein/lb goal body weight).
- **Hydration:** ½ body weight (oz) + electrolytes.
- **Supplements:** Magnesium glycinate 200–400 mg PM; creatine 5 g/day.
- **Mindset:** Sleep 7–9 h in a dark room; morning walk for light exposure.



WEEK 2 – Build Momentum

Goal: Improve insulin sensitivity, ease inflammation.

- Training: Add 1 upper day (optional 4th lift).
- **Steps:** 8 500.
- Cardio: 2 × 30 min Zone 2 @ 60-65 % max HR.
- Nutrition: Eliminate alcohol + refined sugar 5 days per week.
- Focus food: Cruciferous veggies for estrogen metabolism.
- Peptides: Introduce CJC/Ipamorelin (consult provider).



WEEK 3 – Strength & Structure

Goal: Improve muscle tone and metabolic rate.

- **Training:** 4 sessions split (Glutes/Quads, Hams/Glutes, Push, Pull).
- **Steps:** 9 000.
- Cardio: 35 min Zone 2 @ 65 % max HR.
- Nutrition: Protein at breakfast (30–40 g) within 1 hr of waking.
- **Supplements:** Collagen 10–15 g pre-lift + vitamin C 100–200 mg.
- **Skin & Hair:** Start GHK-Cu peptide serum AM/PM; hydrate skin before makeup.



WEEK 4 – Steady Burn

Goal: Increase caloric output without fatigue.

- Training: Progressive overload + tempo focus.
- **Steps:** 9 500.
- Cardio: 40 min (30 min Zone 2 + 10 min HIIT RPE 7).
- Recovery: Epsom salt bath 1×/week.
- **Peptides:** Add Tesamorelin or 5-Amino-1MQ if cleared by provider.
- Lifestyle: Reduce caffeine after 12 PM; no screens 1 h before bed.



WEEK 5 - Shape & Strength

Goal: Re-composition—lose fat, keep muscle.

- **Training:** 4 days lifting + 1 cardio day.
- **Steps:** 10 000.
- Cardio: 45 min Zone 2 @ 65–70 % max HR.
- Nutrition: Cycle carbs—higher on training days, lower on rest days.
- **Supplements:** Creatine 5 g, collagen daily, magnesium nightly.
- Skin & Hair: Begin 1st Optimal Anti-Aging
 Wrinkle Cream nightly; weekly scalp massage
 with collagen oil.



WEEK 6 – The Halfway Checkpoint

Goal: Assess progress and reset if needed.

- **Tracking:** Weigh 1×/week (same time, empty stomach), progress photos front/side/back, waist/hip measurements.
- **Training:** Maintain intensity; deload 1 week if HRV drops or fatigue > 7/10.
- **Steps:** 10 000.
- Cardio: 45 min (25 min steady + 20 min intervals RPE 7).
- Mindset: Journal 3 non-scale wins this week.



WEEK 7 – Define & Tighten

Goal: Sculpt visible definition.

- **Training:** Add 5–10 % load increase on main lifts.
- **Steps:** 10 500.
- **Cardio:** 50 min (35 Zone 2 + 15 intervals RPE 7–8).
- **Nutrition:** Reduce processed snacks; increase omega-3 (3 servings fish or chia per week).
- **Skin & Hair:** Add red-light therapy 3–4×/week (see 1st Optimal Red-Light Guide).



WEEK 8 - Recovery & Renewal

Goal: Lower inflammation and promote repair.

- **Training:** 3–4 lighter strength days (8–12 reps, moderate load).
- **Steps:** 10 500.
- Cardio: 40 min Zone 2 @ 65 % max HR.
- **Nutrition:** Add anti-inflammatory foods (turmeric, ginger, berries).
- **Supplements:** Continue magnesium + collagen; option to pause creatine if bloating.
- Mindset: Reflect on progress photos and celebrate consistency.



WEEK 9 – Radiance Phase Begins

Goal: Fine-tune body composition and skin tone.

- **Training:** 3 strength + 2 cardio days.
- **Steps:** 10 500–11 000.
- Cardio: 45 min @ 70 % max HR.
- **Nutrition:** Cut alcohol and any processed food for bloating control.
- **Skin & Hair:** AM GHK-Cu peptide + PM Anti-Aging Cream; add collagen in coffee AM.



WEEK 10 – Sculpt & Refine

Goal: Drop final 3–5 lb of inflammation.

- **Training:** 3 lift + 2 mobility/cardio days.
- **Steps:** 11 000–12 000.
- Cardio: 50 min (35 steady + 15 HIIT RPE 7-8).
- Nutrition: Stay high protein (1 g/lb), add vitamin C foods for skin elasticity.
- Lifestyle: No new foods or supplements to avoid reactions.



WEEK 11 – The Final Glow-Up

Goal: Recovery, hydration, mental calm.

- **Training:** Light pump sessions, mobility, stretching.
- **Steps:** 10 000–11 000.
- **Cardio:** 35–40 min Zone 2 RPE 6.
- Hydration: 80–100 oz/day + electrolytes.
- Peptides & Skin: Continue GHK-Cu and Anti-Aging Cream; use red-light therapy daily 10–15 min.
- Mindset: Gratitude journal + evening breathing
 5 min.



WEEK 12 – Wedding Week Shine Phase

Goal: Look tight, rested, and hydrated.

- **Training:** Short circuits only (2–3 sets full-body pump).
- **Steps:** Light walks 6 000–8 000.
- Cardio: Optional 20–30 min easy Zone 2.
- **Nutrition:** Steady meals (lean protein + veggies + healthy fat) every 4 h; no new foods.
- Hydration: Stay consistent; skip last-minute detoxes.
- Sleep: Dark, cool room 65–68 °F.
- Mindset: Three gratitude notes for your body then enjoy your day.



How to Measure Food

- Protein: Palm-size = ≈ 25-30 g.
- Carbs: Cupped hand = ≈ ½ cup.
- Fat: Thumb = ≈ 1 tsp oil or nut butter.
- Use a digital scale for precision (± 5 g).





Example Day of Eating

Meal	Example
Breakfast	3 eggs + greens + berries +1 tsp olive oil
Snack	Protein shake + collagen + almonds
Lunch	Grilled chicken + quinoa + broccoli + avocado
Snack	Greek yogurt + chia seeds
Dinner	Salmon + sweet potato + asparagus



Skin & Hair Care Routine

Morning:

 Cleanse → GHK-Cu peptide serum → moisturizer → SPF 50.

Evening:

- Remove makeup → apply 1st Optimal Anti-Aging Wrinkle Cream → neck and décolleté care.
- Use red-light therapy 10–15 min.
- Optional: collagen drink before bed.

Weekly Add-Ons:

- Scalp massage with peptide serum 2–3×/week.
- Exfoliate 2×/week with gentle enzymatic mask.



Tracking Progress

- Weigh once weekly (same time, empty stomach).
- Take front/side/back photos every 2 weeks.
- Measure waist, hips, and thighs.
- Focus on fit and energy more than the scale.

Peptides & Optimization Overview (Discuss with a licensed provider before use.)

- GHK-Cu: Skin repair, collagen synthesis.
- CJC/Ipamorelin: Growth hormone release support.
- Tesamorelin: Targeted fat reduction + muscle support.
- 5-Amino-1MQ: Supports metabolic rate and energy.



Mindset & Maintenance

You're not starving for a dress, you're training for confidence.

Fat loss is a by-product of balance, sleep, and self-respect.

Walk down the aisle knowing you built health from the inside out.

Book your personalized lab-based 12week plan with 1st Optimal to optimize hormones, protein, and peptide support:

★ 1stOptimal.com/book-a-call

Founders of 1st Optimal

Joe & Amber Miller

Additional Links And Resources

Free Virtual Consult with a Health Expert

LINK: Free Health Consult

Helpful Quizzes to learn more!

- LINK: FREE Women's Nutrition Assessment
- LINK: FREE Women's Hormone Health Quiz
- Link Women's Strength Guide
- Anti-Aging Skin Care Guide

Helpful Educational Articles:

- Fat Loss And Hormone Optimization Article
- Women's Carb Cycling Article
- Women's Hormone Therapy Article