THE BIG 12
Happy Hormones

A practical checklist to optimize your energy, mood, and recovery



MAX STRENGTH FITNESS

Welcome!

Pop Quiz:

Right now, this very second, how are you feeling?

Tired, relaxed, happy, anxious, hungry, puffy… something else?

No matter how you're feeling, **your hormones are playing a role**.

But most of us know very little about exactly what our hormones do and why they matter.

I created this guide as a quick, practical resource to help you understand your hormones, and to learn a few simple ways to keep them optimized.



In the next few pages, you'll discover 12 of the most important hormones that directly impact your daily energy, cravings, sleep, mood, and recovery.

Along with a quick explanation of what those hormones do, you'll get 1–3 simple action steps you can take to help balance, support, or boost each one.

I hope this guide helps empower you in the basics of what I call your body's **"control panel."**

Ready to get started?

Let's do this,

Jeff Tomaszewski

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YOUR BODY'S Control Panel

Have you ever had a day where you did everything "right": you ate healthy, got your workout in, went to bed early… but you still woke up feeling tired, foggy, and unmotivated the next day?



Your hormones are like your body's control panel, sending signals that play a role in your energy, your focus, your recovery, your motivation…

Basically everything!

So far scientists have identified **more than 50 hormones** in the human body, each having their own important jobs (because many are multitaskers).

Think of this as your quick reference guide to tuning your body's "control panel," so you can feel more like yourself again.

It's also a helpful resource to spark conversations with your doctor or to guide you in deciding whether lab tests might be appropriate.

THE BIG 12:
Hormone Checklist

1 Cortisol: The Stress Hormone

Regulates metabolism, blood pressure, and your stress response. Chronically elevated levels can lead to fatigue, poor sleep, and anxiety.[1]

Calm it:

- Try a 2-minute breathing/meditation session.
- Take a short walk (without your phone!).
- Create a consistent bedtime routine.





2 Insulin: The Blood Sugar Manager

Helps move glucose into cells for conversion into energy. When it's dysregulated, it can lead to fatigue, cravings, and long-term risk of type 2 diabetes.[2]

Balance It:

- Pair protein with carbs at meals to stop blood sugar spikes.
- Add more fiber (veggies, beans, oats).
- Take a 10-minute walk after eating.

3 Thyroid Hormones (T3 & T4): The Metabolism Regulators

Controls energy, metabolism, and body temperature. Imbalances can lead to sluggishness, weight changes, dry skin, and restlessness.[3]

Support It:

- Eat foods rich in iodine and selenium (examples: seafood, eggs, and Brazil nuts).
- Aim for 7–9 hours of quality sleep.
- Include strength training to help support your metabolism.





4 Estrogen: The Mood & Memory Hormone

Impacts mood, bone density, sleep, and brain function. Fluctuations are linked with brain fog, fatigue, and hot flashes.[4,5]

Nourish It:

- Include flax, chia, or soy (phytoestrogens).
- Manage stress with yoga or journaling.
- Lift weights to protect bones.

5 Progesterone: The Calm & Sleep Hormone

Works with estrogen to support fertility and calmness. Low levels can lead to irritability and poor sleep.[6]

Protect It:

- Prioritize rest and recovery.
- Limit caffeine after lunch.
- Add magnesium-rich foods (leafy greens, nuts).





6 Testosterone: The Confidence Hormone

Supports muscle mass, libido, motivation, and mood (in both men & women). Low levels can lead to fatigue, depression, low energy, and low sex drive. [7]

Boost It:

- Strength train regularly.
- Prioritize sleep.
- Include healthy fats (avocado, olive oil).

7 Melatonin: The Sleep Hormone

Regulates your circadian rhythm (also known as your sleep-wake cycle). Poor sleep cycles can lead to restless nights and daytime fatigue.[8]

Reset It:

- Dim lights 1 hour before bed and get sunshine during the day.
- Keep your bedroom cool and dark.
- Avoid screens after 9 PM.





8 Serotonin: The Happiness Chemical[1]

Supports mood, digestion, and sleep. Low levels are linked with depression, anxiety, and cravings.[9]

Lift It:

- Get 10 minutes of morning sunlight.
- Do cardio exercise.
- Lifting weights can also help.

9 Dopamine: The Motivation Hormone

Drives focus, reward, and satisfaction. Low levels are linked with a lack of motivation, moodiness, and a low sex drive.[10]

Fuel it:

- Do things that make you feel better: exercise and get fit.
- Engage in fun activities.
- Eat a diet that's high in magnesium and tyrosine-rich foods, such as chicken, apples, dark chocolate, green tea, turmeric, and pumpkin seeds.





10 Adrenaline (Epinephrine): The Energy Burst Hormone

The fight-or-flight hormone. Short bursts are fine and can even be life-saving, but chronic spikes can lead to anxiety, burnout, and even high blood pressure.[11]

Channel It:

- Take a nature walk.
- Talk to a friend or relative.
- Listen to a meditation app or calming music.

11 Growth Hormone (HGH): The Repair & Recovery Hormone

Released during deep sleep and exercise, this hormone supports repair, muscle building, and fat metabolism. Low levels can mean slower recovery.[12]

Rebuild It:

- Get 7–9 hours of deep sleep.
- Strength train + include recovery days.
- Reducing sugar intake and losing belly fat is linked with improved HGH levels.





12 Ghrelin & Leptin: The Hunger Hormones

Ghrelin signals hunger; leptin signals fullness. Imbalances = overeating, constant cravings, obesity.[13,14]

Regulate It:

- Get enough sleep
- Manage stress
- Avoid ultra-processed foods.

Positive Changes Make All THE DIFFERENCE

Alisse Metge

"MaxStrength Fitness is exactly what I've been needing- a way to regain muscle strength safely and consistently following injuries and surgeries. Even after just a few weeks of short sessions twice a week, I am already seeing improvements in my strength and range of motion. The personal training is so helpful- for years, I just haven't known what to do to improve, and it feels amazing to finally be getting exactly the right kind of help. Who knew that 20 minutes, twice a week could make such a difference! This is like physical therapy on steroids, at a fraction of the time commitment. Thank you, MaxStrength Fitness!"

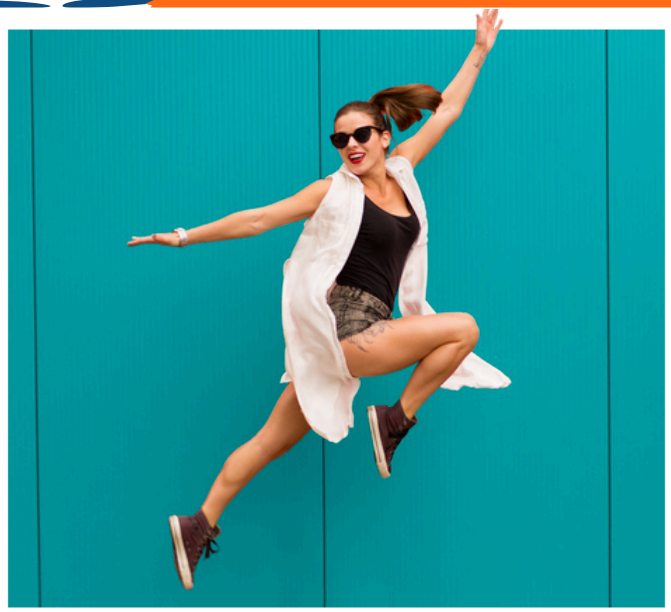
Skye Starr

"Excellent program and terrific personal trainers. The workout is a focused 20 minutes, 2x per week and is really making a huge difference. Easy and convenient location. Spotless, clean, and great machines. The personal trainer keeps me honest every minute of the workout. Could not be more satisfied or recommend more highly. Taking workouts, fitness, and strength training to a new level with ease. LOVE every visit."

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twenty minutes + twice a week = transformation

Healthy Hormones, Healthy Habits

Healthy You



As you scanned through your Healthy Hormone Checklist, you might have noticed a few important themes popping up again and again.

It all boils down to your healthy daily habits.

Some of the biggest players in balanced hormones include quality sleep, moving your body regularly, managing stress, and eating nutrient-rich foods with balanced macronutrients (protein, unrefined carbs, and healthy fats). They are what keep your hormones (and your whole "control panel") running smoothly.

The silver lining is that those are the very same habits that will also bring you closer to your health, strength, and fitness goals.

Whether your focus is more strength, more energy, better recovery, improved mood, or easier weight management, it all starts with the foundation of daily choices that work with your body, not against it.

That's where MaxStrength Fitness comes in....

At MaxStrength Fitness, we believe everyone deserves to be healthy, fit, and strong without spending hours in the gym. That's why our training is designed to deliver real results in just 20 minutes, twice a week.

Our no-sweat, no-distraction, one-on-one sessions are efficient, effective, and safe. Allowing you to build meaningful strength while protecting your joints and energy. Everything is guided by a professional trainer in a focused, climate-controlled environment, so you can show up, train with purpose, and get back to your day.

If you're ready for a smarter way to train and a better way to live, we invite you to experience the MaxStrength Fitness difference.

WITH MORE ENERGY, IMPROVED HEALTH, AND LESS STRESS YOU ARE ABLE TO ENJOY ALL THE ACTIVITIES YOU LOVE.

Free Initial Consultation

& 2 FREE

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LET'S DO THIS TOGETHER!

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