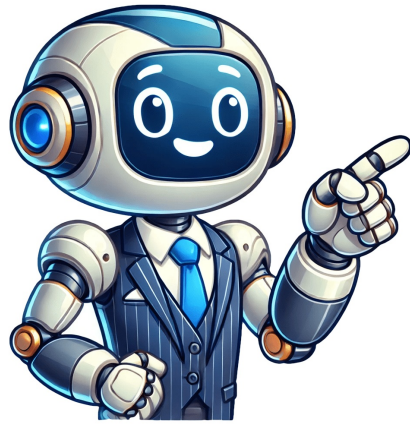


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"I'm Khloe Kardashian," narrates the host of E!'s new transformational weight loss show, Revenge Body, premiering on Jan. 12. "Growing up, people called me the fat, funny sister. Until one day, I started working out, eating right, and putting myself first. And you know what? I've never felt better. Now I'm helping others transform by hooking them up with my favorite Hollywood trainers and glam experts to turn their lives around and shut down the haters — because a great body is the best revenge." I totally get what she means. For my entire life, I've been the fat, funny sister. The former part of that label followed me from doctor's charts to cruel barbs on the playground, and I barely earned a reprieve. For years, I caned that body around with me, unable to shed society's judgments and sideways glances, uncertain of whether I'd ever be allowed to be truly happy. But just as Khloe instructs her subjects in the first episode of Revenge Body, I believe that you can "make your haters your best motivators." With that in mind, I feel compelled to share with others who might feel the same how, exactly, to get a revenge body. For starters, you're going to need to tighten up and tone your resilience and bravery, because your body might not ever fit into a standard of acceptable beauty. No matter how inclusive society becomes, there's a chance that you'll always have to weather insults, passive-aggressive commentary, or discrimination from someone, somewhere. It's not going to be easy. In fact, weakness and fear are two of the hardest things for your body to lose. Don't worry, though — with a lot of hard work and determination, you'll get there. I recommend supplementing your exercises with a balanced diet of swallowing a healthy amount of other people's bullshit and moving on with your day. It tastes great with almond butter. Once your resilience and bravery are performing at peak levels, you're ready to move on to the next step toward your revenge body: a highly regimented routine of pursuing the things you love. You're going to want to pursue those things harder and faster than you ever have before, and don't be alarmed if the mere thought of achieving your goals makes you work up a healthy sweat, or even makes your body buzz like you're kind of high. Dig into that feeling and push harder, reminding yourself that no matter what you look like, you deserve the chance to ferociously paw at whatever it is that you want in this world and peel back every layer with exacting claws. At this point, you're well on your way to having the revenge body you deserve, so feel free to reward yourself. Call it a cheat day, call it a guilty pleasure, call it a cheat day, call it whatever you want — you've dedicated yourself wholly to your transformation and it's high time you indulged. Eat the foods you love all of the time, especially if that means you'll be following up a salad with a couple of raunchy hot dogs from a cart. Drink beers and cackle endlessly with whoever makes you cackle the most, and don't be afraid to crack them up, too. Travel to places you've never been, whether it's the fancy bodega the next block over (they've got the good snacks) or a different continent entirely — hell, why not live there for a few years? Do things that make you feel good, like running or swimming or stretching out your lower back on your living room floor and then giving up, because hey, bed sounds better. Have sex with people who love getting freaky with the body you've got, and spend time with the people that adore you — because even though they're sometimes difficult to find, everyone has at least one. There's more to that last point too. In order to get the revenge body you want, you've got to shed anywhere from 120-200,000 extra pounds — the collective weight of the person or persons who say they "aren't attracted to you" or "can't be your friend" because of the way you look. If that seems like a lot of poundage to ditch, don't worry. My revenge body plan incorporates a lifetime regimen of seeking out people who love you far more than just your appearance and would never ask you to mold your body according to their terms. I'm Amanda Richards. Growing up, people reduced me to the fat, funny girl — until one day, I started listening to them and started tuning in to the people who said I was intelligent, ruthless, generous, adventurous, and (gasp) beautiful. And you know what? I've never felt better. Now I'm using my platform to help others transform by hooking them up with the knowledge that no matter what they look like, their lives can fucking rock — to help them turn their minds around and shut down the haters. Because a great life is the best revenge. Get Even More From Bustle — Sign Up For The Newsletter From hair trends to relationship advice, our daily newsletter has everything you need to sound like a person who's on TikTok, even if you aren't. The concept of getting a "revenge body" might seem appealing as a way to bounce back, but it's about much more than just changing how you look. It's about reclaiming your energy, taking control of your health, and building a sense of empowerment that shines through in everything you do. Achieving a "revenge body" involves a holistic approach, where you focus on nutrition, exercise, self-care, and mental resilience. It's not just about proving something to others; it's about proving to yourself that you have the strength and discipline to create positive, lasting change in your life. This journey is about rediscovering your self-worth, building confidence, and establishing a healthy lifestyle that supports your overall well-being. By dedicating yourself to these areas, you're not only working on physical improvements but also setting the stage for personal growth that will benefit you long after college. The real victory comes from the internal transformation—knowing you've harnessed your challenges to become stronger, more confident, and ready to take on whatever comes next. If you're looking to achieve a true "revenge body" and take control of your health, I believe my book, Adam Kemp's 7-Day Detox: A Natural Approach to Resetting Your Body and Mind, is an excellent resource. My 7-day detox guide offers holistic guidance with actionable tips, meal plans, and exercise strategies that support sustainable, long-term results. With tools and activities designed to boost your physical and mental well-being, this book will empower you to reclaim your energy and confidence. A "revenge body" refers to the physical transformation that follows a significant emotional event, such as a breakup or personal disappointment. The term gained popularity in the early 2010s, particularly among female celebrities, but it has since become a universal concept. The idea is simple: channel your emotional energy into self-improvement, emerging stronger and more confident. While the term might seem superficial, the process of achieving a revenge body often leads to improved physical health, mental well-being, and increased self-esteem. It's about more than just aesthetics—it's about reclaiming control over your life and proving to yourself that you can overcome any challenge. The first step to achieving a revenge body is to identify the specific changes you want to make. Whether you want to lose weight, build muscle, improve your skin, or enhance your overall fitness, it's crucial to set clear and realistic goals. To keep your journey on track, use the SMART goal-setting framework: Specific: Define exactly what you want to achieve. Measurable: Establish criteria for tracking your progress. Attainable: Set goals that are challenging yet realistic. Relevant: Ensure your goals align with your broader life objectives. Time-bound: Set a deadline for achieving your goals. For example, if you want to lose 15 pounds in three months, that's a specific, measurable, and time-bound goal. It's also attainable with the right effort and relevant to your desire to achieve a revenge body. Breaking down your goals into smaller, manageable tasks will help you stay focused and motivated. By setting a clear target, you'll have a roadmap to follow, making it easier to see progress and stay committed. Your diet plays a critical role in transforming your body. Whether your goal is to lose fat, gain muscle, or simply feel healthier, the food you consume will either support or hinder your progress. The first step in creating your diet plan is to determine your daily calorie needs. If you're aiming to gain muscle, increase your calorie intake by approximately 500 calories per day. If your goal is weight loss, decrease your daily intake by about 500 calories. You can use tools like MyFitnessPal to track your food consumption and ensure you're staying on target. Nutrition is my passion, and I could talk about nutrition for hours, but in simple terms for a successful revenge body diet, focus on consuming nutrient-dense foods that will fuel your body and support your goals: Carbohydrates: Prioritize whole grains, fruits, vegetables, legumes, nuts, and seeds. Aim for these to make up 50-60% of your daily calorie intake. Protein: Incorporate a mix of plant-based and animal proteins, with an emphasis on plant sources like legumes, nuts, seeds, and whole grains. Protein should constitute 20-30% of your daily calories. Consider including fatty fish for their high Omega-3 content, which benefits skin, hair, and overall health. Dietary fats: Dietary fats are essential for your body. Focus on sources like nuts, seeds, olive oil, and fatty fish. These should make up the remaining portion of your caloric intake. Minimizing your intake of added sugars and alcohol is crucial for achieving your revenge body. Sugary drinks and snacks can sabotage your progress by adding empty calories and contributing to weight gain. Alcohol, while it may be enjoyable in moderation, is high in calories and can impede your progress if consumed excessively. Plan and prepare your meals in advance to stay on track with your diet. Meal prepping is one of the best kitchen hacks because this approach reduces the temptation to reach for unhealthy options when you're short on time or energy. Dedicate one day each week to meal prep, creating nutritious meals that you can freeze and enjoy throughout the week. Also, keep healthy snacks on hand, such as fruits, nuts, and whole-grain crackers, to avoid unhealthy cravings. While a balanced diet should be your primary focus, certain supplements can support your journey to a revenge body. Here are some key supplements that can enhance your efforts: RSP AminLean is ideal for weight loss and body composition improvements because it includes a healthy dose of amino acids and metabolism-boosting ingredients like CLA, L-carnitine, green tea extract, and green coffee bean extract. Last update on 2025-05-27 / This article includes affiliate links/Images via Amazon Product Advertising API. I may earn commissions on purchases made through these links. Garden of Life Protein and Greens is the best plant-based protein powder, contains superfoods that promote overall health, and is ideal for building muscle. Last update on 2025-05-26 / This article includes affiliate links/Images via Amazon Product Advertising API. I may earn commissions on purchases made through these links. If improving your skin and achieving a more youthful appearance is a priority, collagen supplements, which are scientifically validated, can help enhance skin elasticity and reduce signs of aging. Purely Inspired Collagen Peptides is a good budget-collagen supplement, but I believe the best collagen supplement is Vital Proteins Collagen Peptides. Last update on 2025-05-27 / This article includes affiliate links/Images via Amazon Product Advertising API. I may earn commissions on purchases made through these links. Regardless, supplements should complement a well-rounded diet, not replace it. They can provide an extra edge, but your primary focus should always be on whole foods. Exercise is the cornerstone of achieving a revenge body. Whether you're looking to lose weight, gain muscle, or simply feel more energetic, a well-structured workout plan is essential. Decide where you want to exercise—whether at a gym, at home, or outdoors. Each option offers unique benefits: Gym Workouts: Gyms provide access to a variety of equipment and classes, making it easier to target different muscle groups and try new exercises. Weight training is particularly effective for building muscle and improving body composition. Home Workouts: If you prefer working out at home, invest in a set of dumbbells and resistance bands, and check out the workouts in my Workout of the Day category. Outdoor Activities: Running, hiking, swimming, and biking are all excellent ways to enjoy nature while getting fit. Outdoor exercise can be particularly motivating and refreshing. Related Reading: Working Out at a Gym vs Home: Which is Better? No matter where you choose to exercise, consistency is key. Set realistic goals and gradually increase the intensity and duration of your workouts. Incorporate a mix of strength training, cardio workouts, and flexibility exercises to build a well-rounded fitness routine. Remember to listen to your body and take rest days when needed. Overtraining can lead to injuries, which can set you back in your progress. Balance hard workouts with recovery days to ensure your body has time to repair and grow stronger. Staying motivated throughout your journey is crucial. There will be days when you feel tired, unmotivated, or discouraged. Developing strategies to keep yourself on track will help you push through these moments. Look for role models who have achieved similar goals. Finding someone to look up to can provide the motivation you need when the going gets tough. Everyone's motivation is different. Whether it's a desire to prove something to yourself, a goal to achieve a certain look, or simply the pursuit of better health, identify what drives you. Keep this in mind whenever you face challenges or setbacks. The journey to a revenge body is about more than just physical transformation. It's about reclaiming your confidence, improving your health, and proving to yourself that you're capable of change. By setting clear goals, maintaining a balanced diet, exercising consistently, and staying motivated, you'll not only achieve your revenge body but also build lasting habits that will benefit you for years to come. As you make progress toward your revenge body, it's important to celebrate your achievements. Treat yourself to something that reinforces your commitment to your goals. Consider rewarding yourself with non-food treats like a new workout outfit, a massage, or a day at the spa. These rewards can help you relax and recharge, keeping you motivated for the next phase of your journey. Remember, this journey is not a quick fix—it's a lifestyle change. Celebrate your victories, learn from your setbacks, and keep pushing forward. In the end, the most important person you're proving something to is yourself. The confidence, strength, and well-being you gain along the way are the ultimate rewards. So start today, and watch your life transform as you work toward the best version of yourself. The key to achieving a "revenge body" isn't about seeking validation from others—it's about reclaiming your power, confidence, and well-being. A true transformation requires commitment, discipline, and a holistic approach that includes nutrition, fitness, mental resilience, and self-care. To get a revenge body fast, focus on consistency over perfection. Set clear goals, fuel your body with nutrient-dense foods, train with purpose, and prioritize recovery to prevent burnout. Every choice you make should align with the vision of the person you want to become. Sustainability is the real secret to success. Instead of drastic crash diets or extreme workout regimens, create habits that you can maintain long after you've achieved your initial goals. The true reward isn't just the physical transformation—it's the confidence, strength, and self-assurance you gain throughout the process. Stay focused, trust the journey, and let your progress be the ultimate statement of your resilience.