

HEALTHY HABIT COACH

LOSE YOUR FIRST 10 POUNDS WITH ME

... while doing what you love!

**Hi! I'm Janelle! I am passionate
about serving busy women.**

DOES THIS SOUND FAMILIAR?

You want to live a healthier lifestyle for yourself and kids but don't know where to start.

Fitness routines are challenging due to time and motivation.

Lunch always seems like a collage of what's in the snack drawer.



phase
EMPOWERMENT

**ONLINE WELLNESS PROGRAM
DESIGNED TO GIVE BUSY
WOMEN THEIR CONTROL AND
CONFIDENCE BACK!**

Nutrition. Fitness. Lifestyle.

The Empowerment Academy

Feel in control again



LET ME SHOW YOU HOW TO...



Create a flexible lifestyle including all of your favorite things

Gain the confidence you deserve while creating a life you feel freedom in. Enjoy pizza night without any regrets!!



Improve your nutrition without giving up your favorite foods

I teach you how to design your plate to give you satisfying meals while encouraging fat loss and muscle growth.



Navigate a healthy life on a tight schedule

I give you tangible tips that do not feel overwhelming or impossible to reach.

Upper body days are my favorite because they always leave my arms shaking afterwards!



Perform effective workouts that take 30-40 minutes

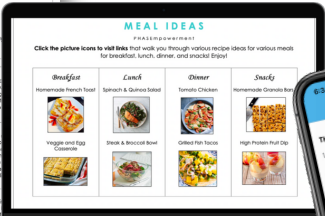
The workouts are scientifically designed to promote muscle growth and fat loss.



HOW JANELLE IS QUALIFIED TO HELP

NASM Personal Trainer Certification
*Weight Loss Expert Certification from
Registered Dietitian, Garrett Serd*
Expert Rating Personal Trainer
Group Fitness Instructor, 3 years
Online Wellness Coach, 5 years





Find freedom in your lifestyle approach

THROUGH ONLINE WELLNESS COACHING

- ✓ Have resources at your fingertips, teaching you how to meal prep!
- ✓ Refer to the example meal plans on how to use simple ingredients to make food for your whole family.
- ✓ Let me educate you along the way so you can be a confident, allowing you to bring out your best energy daily



YOUR BEST SELF IS OUT THERE

PHASE

EMPOWERMENT



A MESSAGE FROM THE FOUNDER, JANELLE AHRENS

Through my wellness journey I've battled acne, stomach issues, frustration, and weight gain. My time spent was chasing a number on a scale to determine success.

After 6 years I can confidently say I am stronger and confident as ever; all made possible by healthy habit creation.

I am on a mission to teach women that strength is a wonderful thing, grace is part of the process, and that each moment matters... because YOU matter!

 [janelle.ahrens](https://www.instagram.com/janelle.ahrens)

MAKE THE
POSITIVE CHANGE
IN YOUR LIFE
THROUGH MY
Empowerment
Academy

My favorite things about the Academy was having weekly check ins and a community to lean on when motivation was low!





HOW DOES IT WORK?

PHASEmpowerment.com

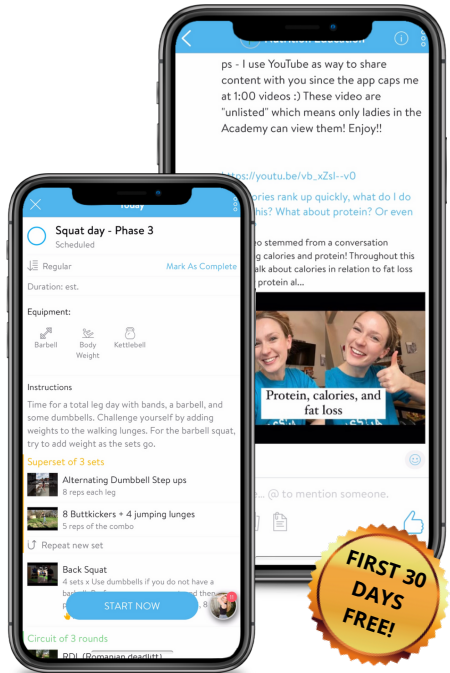
1. After signing up (remember the first 30 days are free!), you will fill out a questionnaire answering questions about your current fitness and nutrition regimen.

2. Janelle will match you with a fitness plan scientifically designed to help you create lean muscle, which is that look we desire.

3. You will receive access to the app where everything is in one place. This includes your workouts, educational resources such as example meal plans, general nutrition guidance, and proper execution of exercising, alongside your progress trackers.

4. Every week I give you specific goals to focus on, tied to numbers, to help you keep on track. Some examples:

- 64 ounces of water daily
- 75 minutes of cardio this week
- 80 grams of protein daily



An accomplishment I had in the Academy was seeing my measurements go down! Best feeling ever!



- Jordan

WHAT DOES IT INCLUDE?

PHASEmpowerment.com

5 workouts per week

App Access where everything is in one place! This is where we can chat, log your progress, and find all workouts/learning tools!

Weekly educational content on fitness and nutrition

Outlined goals and habits to follow; the habits we focus on align to the weekly educational content

Nutritional Guide

Proper Form Guide

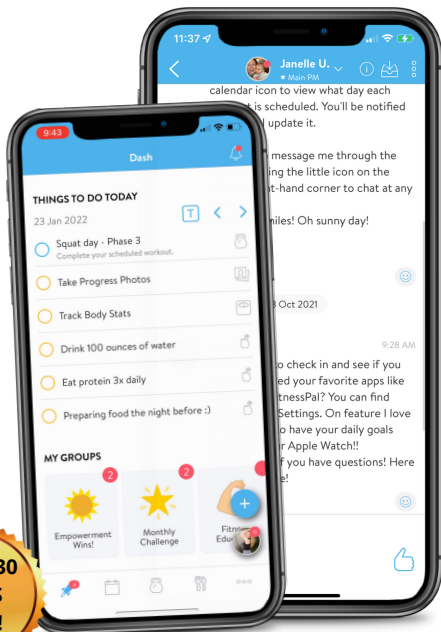
Example Grocery Lists

Example Meal Plans

Motivational Tools

Accountability Calendars

Live workouts from me!



I love how supportive Janelle is and that workouts are tailored to what equipment I have available. There are also video demos of exercises which I love!!



- Joelle



WHERE CAN I SIGN UP?

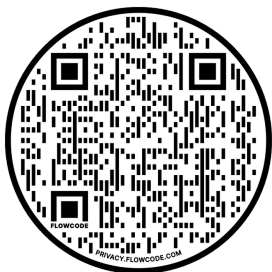
PHASEmpowerment.com



SCAN THE QR CODE HERE FOR DIRECT ACCESS TO THE SIGN UP PAGE!

Pull up your camera and simply hold it over the code.

Or visit www.phasempowerment.com > Empowerment Academy



SIGN UP OPTIONS:

\$ 25 / month

Educational content, bomb workouts, and general guidance on nutrition! Access to everything above! Perfect for someone is looking for a workout plan and outlined goals to follow.

\$ 80 / month

Includes everything shown in addition to *weekly check ins* and personal guidance on goal setting! Perfect for someone who needs more guidance and accountability.



HEALTHY HABIT COACH

HANG OUT WITH ME ON SOCIAL!

Or message me with questions! I
would love to connect.

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[janelle.ahrens](https://www.instagram.com/janelle.ahrens)



[My website!](#)



phasempowerment@gmail.com



[Subscribe to my Thank God It's Monday email](#); a
virtual and happy coffee date every Monday
morning!

Have the best day ever!
Janelle