

GET TO KNOW YOUR COACH:

HI! My name is Lauren, and I am so excited to have you as a client!

When you sign on with KJO we ask for A LOT of information and I think it's only fair that you get to know me too!

ON TOP OF BEING A NUTRITION COACH, CCP TRAINER AND CERTIFIED IN BIOFORCE CONDITIONING, PRE & POSTNATAL , HYBRID TRAINING.. I am 44 and I am a.... mom, wife, sister, and athlete

HOBBIES:

What are these again?? 1. Hiking/trail running 2. Micro adventures 3. Beach days 4. Reading 5. Scary movies with my husband, Thomas.

SOMETHING ABOUT ME:

1. My family and I currently live in Savannah but the nomad life is calling us after my oldest savage graduates from high school
2. I homeschool my youngest kiddo
3. I have been an Emergency Dept RN for nearly 2 decades
4. I love the outdoors but the beach is my favorite place
5. I prefer a coffee date to drinks any day
6. I'm super competitive and love trying out new "sports"... A tactile games comp and multi-day adventure race are on my next "to dos"
7. I eat oatmeal literally every single day. Sometimes for more than one meal

Like many of you, I haven't always had the healthiest relationship with nutrition and fitness and spent years thinking the goal always needed to include the shrinking game. But something that training has brought me, is joy and drive for a bigger goal, and allowed me to tap into my body's capabilities and potential. It makes me feel empowered, healthy, and ME- which everyone deserves. Now I get to do that through my coaching- helping women see how strong they have truly been all along.

WHAT CAN YOU EXPECT FROM ME:

What you can expect from me as a coach:

Equal parts compassion and let's do the damn thing. But quite honestly, my coaching style comes down to what YOU need. My goal is to make nutrition and fitness a little less complicated and find the options that work for your life, your preferences, and your goals because ultimately, this partnership is about you. Reminding you that this is your game. Show up. Play Big.

📷 [COACH.LAURENBEHLE](https://www.instagram.com/COACH.LAURENBEHLE)



LAUREN