



**Janine Barbanell**

Owner, Embrace Fitness

BS, Nutrition Coach and Personal Trainer, NASM-CPT

Email: [embracefitllc@gmail.com](mailto:embracefitllc@gmail.com)

Cell: [425-761-5706](tel:425-761-5706)

I'm certified through the National Academy of Sports Medicine as a Personal Trainer and I specialize in one-on-one Personal Training and Nutritional Coaching. I'm also a certified TRX trainer, and Group Exercise Instructor for Pilates.

As a busy mom of two, I understand life's challenging schedules and encourage people to embrace and reach their fitness goals in ways that work specifically for them with their own schedules and goals in mind. I'm dedicated and passionate in helping others navigate and achieve their own fitness goals and believe with support, education, encouragement, and acceptance people can work towards being their best self possible. It's my goal to empower my clients to believe in themselves, strive to reach their full potential, and help them lead happier, healthier lives through improved fitness and nutrition.