

EmpowerU

Wellness starts with you



THE APP TO BALANCE IT ALL

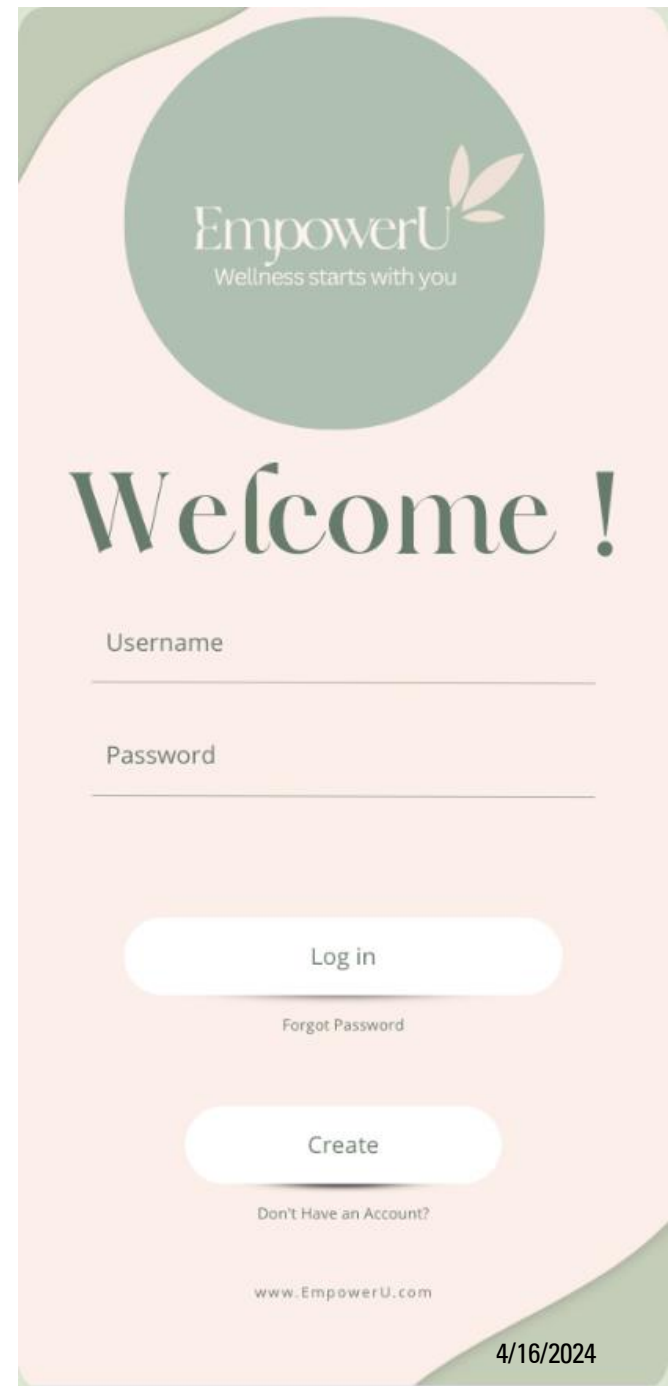
BY: ASHLEY GAGNON

WELCOME

Welcome to EmpowerU! We are delighted to welcome you to our wellness community and look forward to supporting your journey toward a healthier, happier you.

EmpowerU is designed to enhance your overall well-being, addressing your physical, mental, and emotional health. Whether you want to begin a new exercise routine, monitor your nutrition, incorporate mindfulness practices, or achieve a balanced lifestyle, our app is here to guide and assist you in reaching your wellness goals.

Thank you for choosing EmpowerU. We're excited to be a part of your wellness journey!





Welcome
Ashley Gagnon

Search Home



Categories

Show All



NUTRITION



FITNESS



MINDFULNESS



TRACKING

Specialist in the Area



dr. Olivia Wilson
Dietician
★ 4.9 (37 Reviews)



Jonathan Patterson
Personal Trainer
★ 4.9 (37 Reviews)



Home



Specialist



Friends



Profile



Profile



ASHLEY GAGNON
ASHLEY6116@ICLOUD.COM

General Settings



Mode
Dark & Light



Change Password



Language



Information



About App



Terms & Conditions



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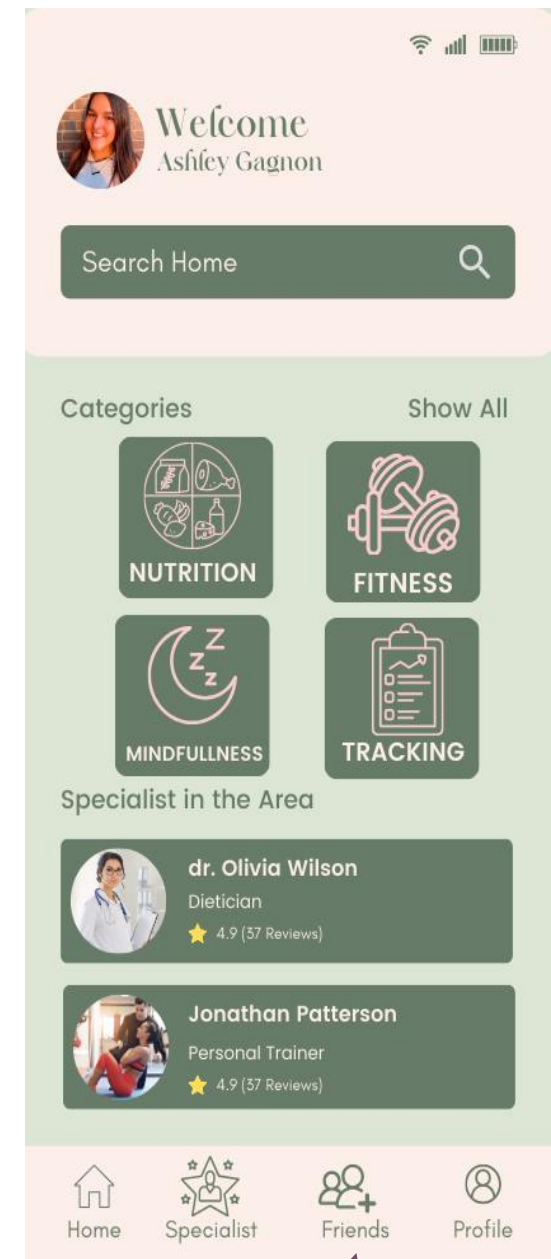
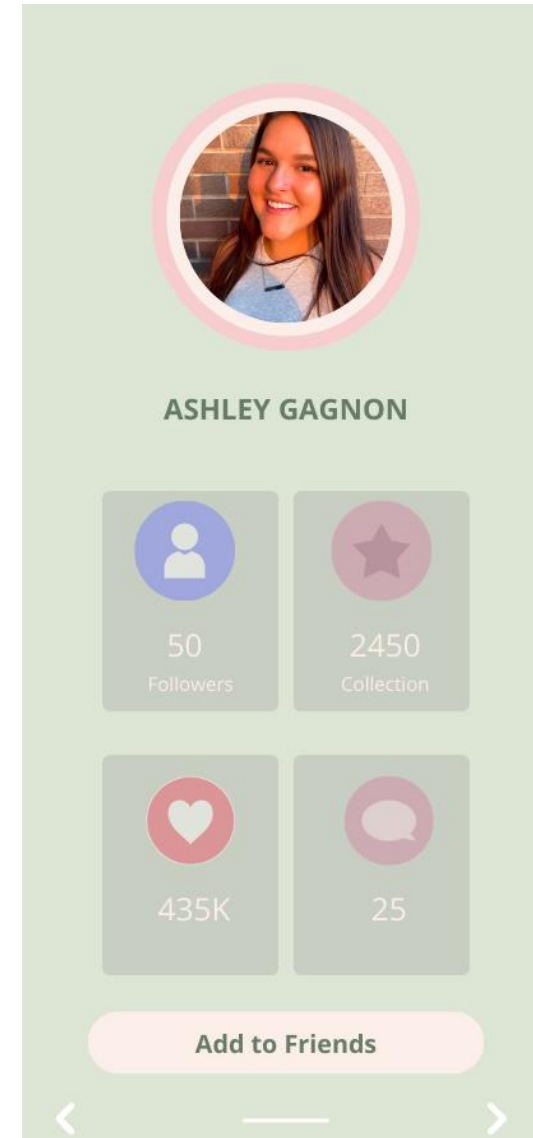
HOME PAGE

Our homepage offers everything you need to maintain a healthy, balanced lifestyle. Explore healthy, easy recipes under the Nutrition section, and discover a wide range of workout plans in the Fitness section. In the Fitness category, you can access a variety of cardio, yoga, and at-home workouts. Additionally, you can find personal trainers in your area and schedule sessions to suit your fitness goals. Personalize your profile and connect with friends to track and share progress as you advance on your wellness journey. Let EmpowerU be your guide to a healthier lifestyle.

KEEP IN TOUCH

This app enables you to stay connected with friends, monitor their progress, and engage in conversations for motivation and support. As you continue to use the app, you can earn stars to unlock additional recipes, journal pages, and workout plans.

The app also allows you to easily access all your liked content, streamlining your experience and making it effortless to find your favorite resources. Enjoy discovering new opportunities to grow and thrive on your wellness journey.



NUTRITION

The Nutrition tab provides access to hundreds of healthy, low-carb recipes for desserts, breakfast, and dinner. Each recipe includes step-by-step instructions for ease of preparation. Additionally, you can view comments and feedback from others who have prepared the dish, offering insights and tips for your culinary experience. You can also share this recipe with friends within the app.

EMPOWERU
NUTRITION

BEST HEALTHY AND
LOW CARB RECIPES

Desserts

Dinner

Breakfast

Fuel Your Day with Flavor and
Goodness!

Chocolate cookies

Active: 15 min

Ingredients

Portions - 1 +

1 cup peanut butter

1 cup coconut sugar

2 tsp cocoa powder

4 tsp corn flour

1 egg

Directions

- 1 In a bowl combine your coconut sugar, corn flour, cocoa powder and peanut butter and mix until smooth
- 2 Add your egg into the mixture and let sit for 5 mins and heat oven to 375
- 3 Place on baking sheet and cook for 8-10 minutes

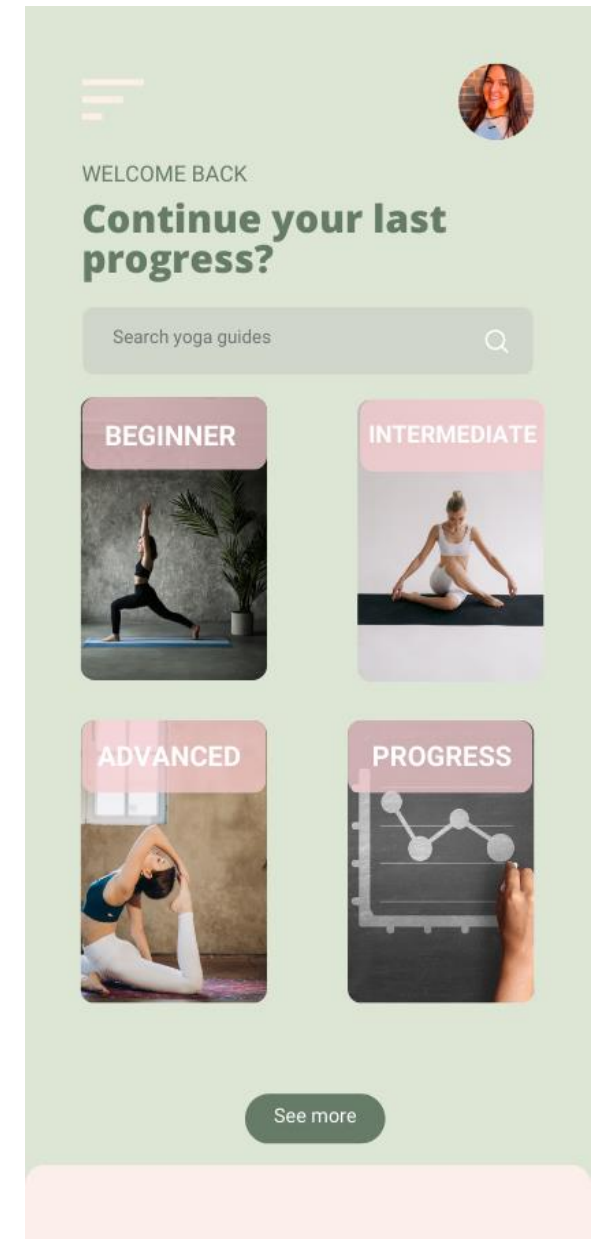
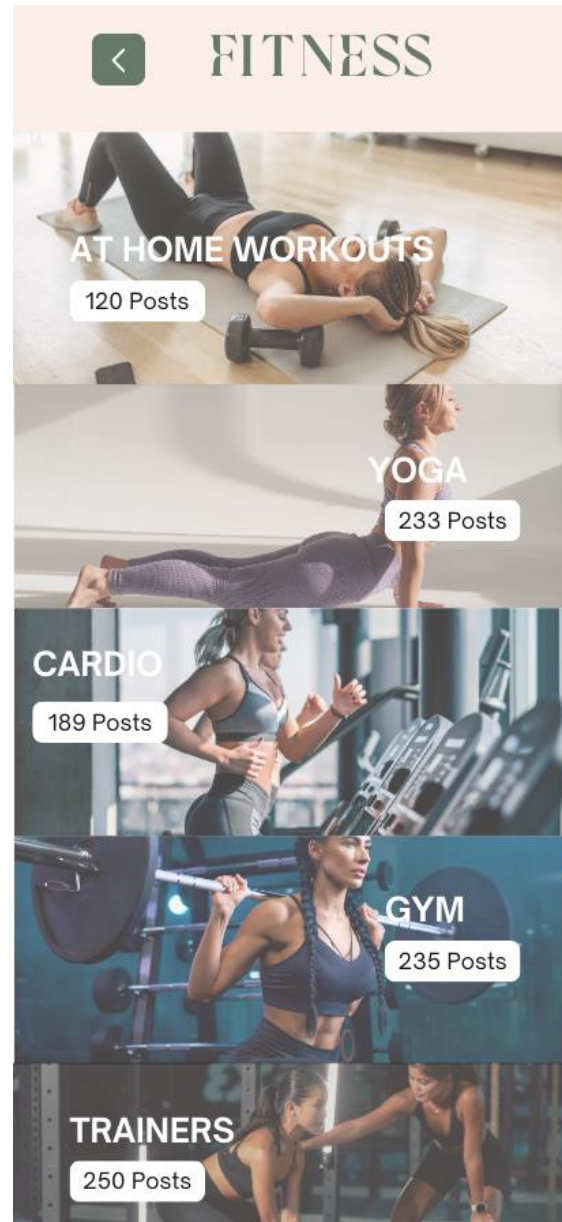
Nutrition info

Share

4/16/2024

FITNESS

The Fitness tab offers a wide range of workout options, including at-home routines, yoga, cardio, and gym workouts for weightlifting. You can also connect with personal trainers who can design customized workout plans tailored to your specific needs. All tabs feature beginner, intermediate, and advanced levels to accommodate users of varying fitness experience and goals. Explore the options that best suit your fitness journey. You can also track your progress of how many workouts you have completed.



MINDFULNESS

The Mindfulness tab offers a variety of relaxation techniques to help you unwind and prepare for sleep. The Meditation tab provides several meditation methods, including breathing exercises, guided meditation, and muscle relaxation.

If you struggle with sleep, explore the Sleep Music tab, where you can find rain sounds, thunderstorms, nature sounds, soothing sleep music, and various forms of white noise. You can set a timer for how long you want the sounds to play.

The Journal tab allows you to write and reflect throughout the day, with options to set reminders to journal regularly. The Sleep Tracker lets you monitor and record your sleep duration each night, helping you maintain healthy sleep habits.

