

A 6-WEEK COACHING EXPERIENCE

The Rebuild

RECLAIM YOUR BODY, HORMONES & ENERGY FROM THE INSIDE OUT

MY STORY

I Know Exactly How You Feel

When my son was just 7 months old, I was diagnosed with breast cancer. After three years of infertility, I had fought so hard just to become a mom. I had everything I'd prayed for and then cancer walked through the door.

I was exhausted. My body didn't feel like mine anymore. My hormones were a mess. The energy I needed to show up for my baby, my family, and myself felt completely out of reach.

But cancer didn't take everything. It gave me something too... a new perspective, a deeper love for my family, and a strength I didn't know I had. I came back on the other side stronger in my body, more energized in my life, and more myself than I had been in years.

I became a FASTER Way certified coach, with Hormone Specialist and Advanced Macronutrient certifications, after being a client for 2 years and following the program during my own healing journey. **I built The Rebuild specifically for women like us:** women navigating the aftermath of breast cancer, medically-induced hormonal shifts, and everything that comes with it.

I'm not just selling you a program.

I'm selling you a lifestyle I've been living and thriving on for over 2 years.

THE MINDSET SHIFT

Things I Refused to Accept at 35 as a Breast Cancer Survivor

In medically induced menopause. On tamoxifen. Building a life I love anyway.

- ✗ Accepting weight gain after a harsh medically induced menopause and tamoxifen
- ✗ Using post-treatment fatigue as an excuse to not work out

- ✗ Not prioritizing strength training
- ✗ Being too scared of cardio because of cortisol — there's a way to do it right
- ✗ Accepting that my hormones are a mess and giving up
- ✗ Not prioritizing my mental health — because our nervous system is the center of everything
- ✗ Giving up drinking — living my life to its fullest is part of my own healing journey
- ✗ Believing that sugar feeds cancer — when you understand blood sugar, you can enjoy it in a way that won't drive inflammation
- ✗ Believing that at 35 my stamina, my sex drive, and my motivation to look good are gone thanks to cancer treatments, medically induced menopause, and hormone therapy

I'm looking for women who want this.

I know it's hard to have hope — but I promise you it's possible. 

IS THIS YOU?

Does Any of This Sound Familiar?

- You finished treatment and expected to feel relief but your body still doesn't feel like yours
- You're exhausted no matter how much you rest
- Your weight has shifted and nothing you try seems to work
- Your hormones are all over the place and no one is giving you real answers
- You've lost your spark, the motivation, the energy, the joy you used to have
- You want to show up fully for your kids and your family but you're running on empty
- You feel like cancer took your body and you don't know how to get it back

You are not broken.

Your body has been through something enormous.

It just needs the right support.

THE PROGRAM

What's Inside The Rebuild

A small-group coaching experience built specifically for women navigating breast cancer recovery, perimenopause, and medically induced menopause combining hormone-supportive nutrition, strategic movement, and real-life accountability.



Macro Cycling + Hormone-Supportive Nutrition

No more one-size-fits-all eating. You'll learn exactly how to fuel your body on low-carb days, regular macro days, and everything in between based on what YOUR hormones need post-treatment.



Strategic Movement

Daily workouts, strength training and cardio that boosts metabolism without burning you out. 30 minutes or less. Strength training 3 days per week and cardio 2 days per week. Depending on where you are in your journey you will complete 3, 4 or all 5 workouts.



Intermittent Fasting Done Right

Learn when and how to fast in a way that supports healing, blood sugar balance, and energy, not stress or cortisol spikes. Fully personalized to where your body is right now, could be 12 hours, 14 or 16. Most of my clients start with 12 hours.



Micronutrient Guidance

The targeted micronutrients that matter most post-treatment: magnesium, vitamin D, B vitamins, omega-3s, and more all found in whole foods.



Small Group Accountability

You're not doing this alone. Weekly check-ins, community support, and direct access to me throughout the 6 weeks. 1:1 check-ins, weekly videos, some live calls and access to me through text.



Weekly Anti-Inflammatory Meal Guides

Every week you will see a new anti-inflammatory meal guide on the app. Gluten and Dairy free. I recommend removing these two from your diet during the first 6 weeks if you want to see inflammation go down fast but you don't have to! The idea is to teach you how to track macros and create a diet with the things you and your family enjoy eating.

YOUR PERSONALIZED PROTOCOL

Everything Is Built Around You

Just like your treatment plan was personalized, your approach to rebuilding your strength and metabolism should be too. Inside The Rebuild, you receive:

- 1:1 coaching with me — personalized to you, your history, your body
- Fasting protocol built around your lifestyle, current health condition, and goals
- Custom macros & movement guidance — how much, how often, what your body needs
- Education on hormones, cortisol & blood sugar — so you understand the why behind everything

- Macros & micros guidance — what your body needs to heal, rebalance, and rebuild

What the 6 Weeks Look Like

Week 1	Foundations — Water, Workouts & Whole Foods
Week 2	FASTer Way Macro Method — pairing fitness and nutrition
Week 3	Micronutrients
Week 4	Cortisol
Week 5	Blood Sugar and Glucose
Week 6	How it's all connected and VIP Prep — setting you up for sustainable long-term success if you chose to continue with the program (\$80 dollars a month after the first 6 weeks if you decide to continue)

THE SCIENCE BEHIND IT

Blood Sugar, Cortisol & Your Hormones

This is honestly one of the most important things to understand and most people don't realize how deeply these three are connected.

A lot of what drives poor sleep, stubborn weight, low energy, and high stress comes back to blood sugar and cortisol. When those are dysregulated, your body is essentially in a low-grade stress state all day and all night without you even realizing it.

How We Break the Cycle

What I focus on is using nutrition and fitness strategically to interrupt this cycle, stabilizing blood sugar so cortisol isn't constantly spiking, which then allows your body to actually wind down, recover, and get into deeper, more restorative sleep.

- Macro cycling teaches your body to use both carbs and fat efficiently, reducing the blood sugar rollercoaster
- Strategic cardio (done right) keeps cortisol in a healthy range rather than spiking it further
- Strength training rebuilds the muscle mass that estrogen loss accelerates which is your #1 metabolic tool
- Intermittent fasting, when personalized properly, supports cellular repair without adding cortisol stress
- Anti-inflammatory nutrition reduces the low-grade inflammation that drives fatigue, weight retention, and hormonal chaos

WHY THIS WORKS

Built for YOUR Body — Not a Generic Plan

Breast cancer treatment doesn't just fight cancer, it changes the hormonal landscape of your entire body. Here's why a standard program won't cut it:

Estrogen Disruption Affects Everything

Treatment-induced estrogen changes impact muscle mass, fat distribution, bone density, mood, and energy. Generic diet plans don't account for this. The Rebuild does.

Cortisol & Belly Fat Are Linked

Stress (physical and emotional) elevates cortisol, which signals your body to store fat around the midsection. Strategic movement and recovery protocols help break this cycle.

Blood Sugar Balance Is the Foundation

Unstable blood sugar drives fatigue, cravings, mood swings, and inflammation. Macro cycling is one of the most effective tools for stabilizing it naturally.

Muscle Is Your Metabolic Currency

Estrogen loss accelerates muscle breakdown. Strength training paired with adequate protein is the most evidence-backed strategy for reclaiming your metabolism after treatment.

Inflammation Slows Everything Down

Post-treatment inflammation affects recovery, energy, and body composition. Anti-inflammatory nutrition, including fiber, is built into every week.

Women in this program can expect:

- Improved energy
- Stabilized blood sugar
- Better muscle tone
- Reduced perimenopause and post-treatment symptoms
- A stronger connection to their bodies and nutrition

THE INVESTMENT

Everything You Need. In One Place.



Weekly Workouts by Pro Trainers

Progressive overload, short & effective, never burnout-inducing, done in 30 minutes or less.



Water, Fasting and Macro Tracker

Built right into the app so you're supported all day, every day.



Weekly Anti-Inflammatory Meal Guides

Take the guesswork out of eating.



Resources & Tools

To support you from day one and long after the 6 weeks end.

\$249

FOR 6 WEEKS OF THE REBUILD

READY?

This Is for You If...

- You're a woman who has been through breast cancer treatment, perimenopause, or medically induced menopause
- You're ready to stop surviving and start thriving in your body
- You want real education and not just a meal plan or a one time customized macros.
- You're tired of generic programs that weren't built for your body
- You're ready to show up for yourself the way you show up for everyone else

I run a round every month!

Use code BURN50 for \$50 off 💕

Join here: [FASTer Way with Ana](#)

A note from one of my most recent clients:

Working with Ana has been exactly what I needed during a really challenging season of life. I started this program after my cancer diagnosis, feeling like I needed a change and a way to feel more like myself again, especially while navigating the effects of chemical menopause. What I appreciated most was how personalized everything felt. Ana took the time to understand my specific needs, where I was physically and mentally, and tailored my goals in a way that felt realistic, supportive, and achievable for me. Nothing felt one-size-fits-all. I appreciated how responsive and organized she was throughout the process. She helped me focus on tracking macros, staying on top of water intake, and making working out a priority again in a sustainable way. As a fellow cancer survivor, she truly understands the physical and mental side of rebuilding your strength, which made such a difference. I'm so grateful for her guidance and support.

I can't wait to work with you!!
Ana