



John Allen Mollenhauer “JAM”

Performance Lifestyle® Coach | [RegenUs Center™](#)

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John Allen Mollenhauer "JAM" is an expert at helping people achieve more through a healthy-driven lifestyle.

JAM works with a range of clients who all share a strong desire to make healthy changes while knowing they need real support with an eye on success.

He is the founder of Performance Lifestyle®—a leading-edge training and coaching practice that motivates people to optimize their health and resilience.

Thousands of people have been inspired by JAM to redefine their lifestyle with a particular emphasis on sourcing their natural energy to increase performance.

JAM offers a [15 minute confidential, no-cost consultation](#) call to discuss your current lifestyle status and future goals.

You can learn more about JAM [Here](#).

