

JJ VIRGIN CNS. CHFS

Celebrity nutrition and fitness expert JJ Virgin teaches clients how to lose weight and master their mindset so they can lead bigger, better lives. She is author of four *NY Times* bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin's Sugar Impact Diet*, and *JJ Virgin's Sugar Impact Diet Cookbook*. Her memoir *Miracle Mindset: A Mother, Her Son, & Life's Hardest Lessons* explores the powerful lessons in strength and positivity that she learned after her son Grant was the victim of a brutal hit-and-run accident. JJ hosts the popular JJ Virgin Lifestyle Show podcast and regularly writes for Huffington Post, Rodale Wellness, and other major blogs and magazines. She's also a frequent guest on TV and radio and speaks at major events. In addition to her work with nutrition and fitness, JJ is also a business coach and founded the premier health entrepreneur event and community, The Mindshare Summit. Find articles, recipes, helpful online programs, and more at www.jjvirgin.com.