



JJ VIRGIN, CNS, CHFI

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BIRTHPLACE

San Francisco, California

EDUCATION

University of California, Los Angeles, 1985

BA English w/ Business Emphasis, coursework included nutrition, psychology, communications, marketing and kinesiology

California State University, Northridge, 1993

Graduate studies in Biomechanics, Exercise Physiology, Sports Psychology

University of Miami, 1991

Graduate studies in Sports Medicine including Gross Anatomy

University of Southern California, 1993

Doctoral Studies in Exercise Physiology, Nutrition and Aging

American Health Sciences University

Graduate studies in Nutrition

University of Bridgeport, 2000

Graduate studies in Nutrition-

American Academy of Nutrition, 2000

Nutrition pre-requisite studies

Clayton College of Natural Health, 2006

Non-traditional PhD completed Spring 2006

PhD Studies in Holistic Nutrition

Ongoing education via specialized seminars/conferences in various topics in the medical and health fields- 12 per year

CERTIFICATION

Certified Nutrition Specialist, American College of Nutrition Certified Nutritional Counselor, American Association of Nutritional Consultants Certified Health & Fitness Instructor with advanced qualifications in nutrition, advanced personal training and exercise for the older adult, American College of Sports Medicine Certified Post Rehab Conditioning Specialist, American Academy of Health & Fitness Professionals

AFFILIATIONS

MENSA

UCLA Alumni Society

American College of Nutrition

American Nutraceuticals Association

American College of Sports Medicine

National Association of Nutrition Professionals

MEDIA APPEARANCES

Health Correspondent, The Healthy Living Show

Medical Host, The Wellness Hour

Nutritionist, Dr. Phil Ultimate Weight Loss Challenge

Nutritionist, Extreme Makeover

Expert, NBC I village live! Numerous appearances on local TV and radio, newspapers and magazines, public and professional speaking engagements

PUBLICATIONS

Contributor, www.wellnesshour.com

Contributor, www.drphil.com

Contributor, Dr. Phil's Magazine: The Next Level

Created Schwarzbein Principle Exercise Series with Diana Schwarzbein, M.D.