

## JJ VIRGIN, CNS, CHFS

### **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 Specialist, 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, Past President

### **PUBLICATIONS**

Author, Six Weeks to Sleeveless & Sexy, Simon Schuster Gallery 2010

Contributor, [www.wellnesshour.com](http://www.wellnesshour.com)

Contributor, [www.drphil.com](http://www.drphil.com)

Contributor, [www.momlogic.com](http://www.momlogic.com)

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

Contributor, SHAPE

Contributor Women's World

Contributor, STAR

Contributor, OK! Magazine

Contributor, The Huffington Post

Created Schwarzbain Principle Exercise DVD Series with Diana Schwarzbain, M.D

## MEDIA APPEARANCES

Co-star, TLC Freaky Eaters  
The Dr. Phil Show  
ABC Extreme Makeover  
The Today Show  
The Bonnie Hunt Show  
The Doctors  
NBC iVillage live!  
ABC News  
Fox & Friends  
Fox News  
Inside Edition  
Access Hollywood  
TV Guide  
aolTV.com  
DoctorOz.com



## SPEAKING ENGAGEMENTS

Texas Governor's Conference for Women  
Pennsylvania Governor's Conference for Women  
Age Management Medicine Group  
Bauman College  
American Academy of Anti-Aging Medicine  
Natural Partners  
NuSkin International  
Terrace International  
Designs for Health  
Maximized Living  
Navistar International  
Metametrix Clinical Laboratories  
Eisenhower Hospital  
National Association of Nutrition Professionals

Dr. Phil  
American Heart Association  
Subway  
BioElements  
Las Vegas Esthetics Show  
Parker College Annual Conference  
Four Seasons Hotel and Resort  
Tanita  
Ali Brown  
Lisa Sasevich  
T. Harv Eker

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