JJVIRGIN

JJ Virgin's Ultimate Health ROADMAP:



Your Journey to Complete Wellness

The number one question my team and I get from new clients is, **"Where do I start?"**

That's because most people don't have just one health goal. For instance, Kim – one of our many success stories – came in wanting to lose 50 pounds, start exercising regularly, get off her heartburn medication, and turn around her pre-diabetes.

That's a lot to ask at one time! And if you try to tackle all of your own health goals at once, you're almost guaranteed to fail.

That's why it's so important to have a roadmap you can trust. Let's break down your journey into small, manageable steps that make scientific sense and will keep you moving forward.

No matter what your personal goals are, the end destination is always the same: I want you to feel better than you *ever* have. No settling for "looking good for your age," and no compromising on your energy, positivity, or potential.

You can do this!

xo, JJ

Your Journey to Complete Wellness **Begins Now**

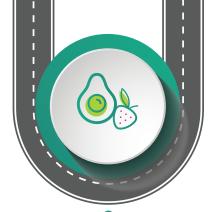
KNOW YOUR • Starting Point

This is key! Let's create your first set of Mile Markers – the ways you'll measure your success:

- + Record your weight and body fat percentage
- + Measure your waist and hips
- + Choose your Big Why (How will your life change when you meet your goals?)
- + Chart your symptoms even the ones you've learned to live with!
 (fatigue, mood swings, pain, gas/bloating, headaches, belly fat, cravings, skin problems, etc.)

Mile Markers ^{Measure} Success

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2 ADD QUALITY FOODS & NUTRIENTS BEFORE YOU TAKE AWAY

No one wants to feel deprived! Make healthy swaps part of your routine *before* you diet.

Start by ADDING these to your day:

- + 5+ servings from a rainbow of non-starchy veggies – this is a great opportunity to try new foods!
- + Pure spring water
- + High-fiber foods, including legumes, nuts and seeds, and berries
- + High-quality smoothies for breakfast
- + Professional-grade multivitamin/mineral/ antioxidant supplement and an essential fatty acid supplement – get both in <u>Daily</u> <u>Essentials Packets.</u>

Then try TRADING UP for more nutrient-dense, low-inflammatory foods by swapping:

- + dairy milk for unsweetened nut, oat, or flax milk
- + raisins for fresh berries
- + traditionally grown veggies for organic
- + French fries or potato chips for baked sweet potatoes
- + muffins and cereal for All-In-One Protein Shakes
- + factory-farmed poultry for pastured organic
- + peanut butter for nut or seed butter
- + popcorn for kale chips
- + canola or vegetable oil for avocado oil
- + candy bars for <u>fiber</u> or <u>protein bars</u>
- + wheat or corn tortillas for rice, cassava, or coconut tortillas

EAT BY THE CLOCK

When you eat matters as much as what!

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Limit your eating window to 12 hours a day or less, and stop eating 3 hours or more before bed.

Try to be mindful at mealtime: Are you actually hungry? If not, wait until you are. Choose a smaller plate, take small bites, and chew completely.

LAST TIP:

Don't eat when you're stressed out – use meditation, EFT, or deep breathing to create a calmer mindset before you choose your meals.





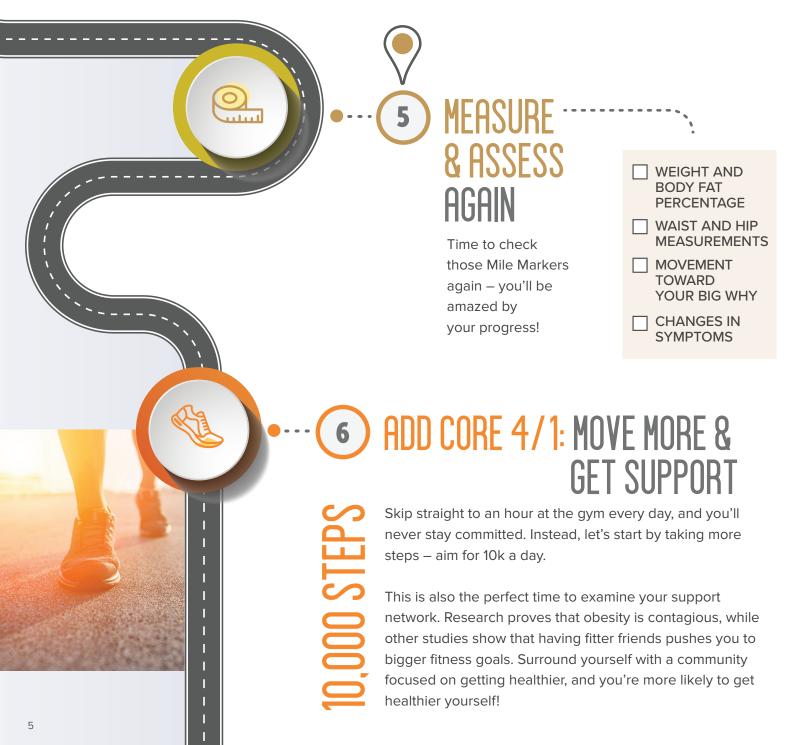
•----- TIME TO DETOX

Toxins are part of daily life, and they're often stored in fat cells. Before you lose weight, it's key to cleanse the right way for at least a week. (The right way = plenty of fiber, deep green veggies, and protein. No juice/lemonade cleanses!)



Detox Reboot Online Program and Green Smoothie Cleanse

are a big help here. Add extra detoxification nutrients if needed.



UNCOVER HIDDEN FOOD Intolerances

Food sensitivities are the #1 cause of stubborn weight gain and a host of other miserable symptoms. Use the <u>Virgin Diet</u> and <u>Breakthrough Food Intolerance</u> <u>Online Program</u> to check for intolerances to the top 7:

TOP 7 FOOD INTOLERANCES	
GLUTEN	
DAIRY	(\bigcirc)
EGGS	X
SOY	R
CORN	
PEANUTS	(S)
SWEETENERS	P

Add **gut-healing supplements**, **probiotics**, and **digestive enzymes** if needed.



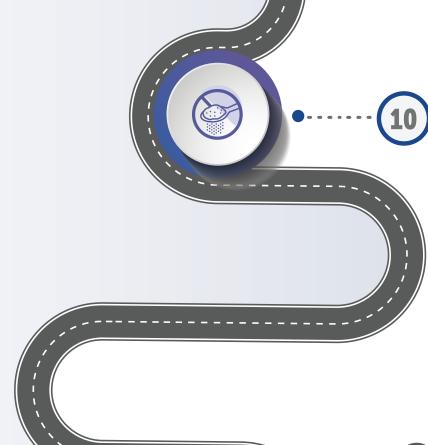
Look at those Mile Markers again. You're doing great!

WEIGHT AND BODY FAT PERCENTAGE
WAIST AND HIP MEASUREMENTS
MOVEMENT TOWARD YOUR BIG WHY
CHANGES IN SYMPTOMS

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ADD CORE 4/2: Five Minute Flex

Now that you're moving more, it's time to improve your flexibility & core strength. Spend at least 5 minutes a day on stretching and core work for better balance and mobility. The **Stretching and Yoga Flow** videos inside the **Fast Fitness** <u>**Online Program**</u> are a great tool here.



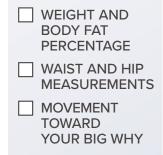
ACHIEVE Metabolic flexibility

Your body is more flexible – now it's time for your metabolism! You can achieve metabolic flexibility by slowly removing harmful sugars like concentrated fructose from your diet with the <u>Sugar Impact Diet</u> and <u>Breakthrough Carb Intolerance Online</u> <u>Program</u>. That will help you find the right number of carbs for your body chemistry.

Add supplements to **support insulin sensitivity and blood sugar balance** if needed.



You guessed it! Time to record your Mile Markers and give yourself a round of applause.



CHANGES IN SYMPTOMS



Burst training (a.k.a. high-intensity interval training) is the quickest, simplest way to burn fat and increase focus. Say goodbye to hours on the treadmill and burst for 6-8 minutes a few times a week instead!

Our **Fast Fitness Online Program** has everything you need to know to create a customized burst training workout for yourself.

GET FASTER Results With Fasting

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Be sure you've stopped snacking, and incorporate intermittent fasting/20+hour fasting (a.k.a. time-restricted feeding) to trigger cellular repair and improve your metabolic flexibility and fat burning.



INCORPORATE LIFESTYLE STRATEGIES: SLEEP DEEP, STRESS LESS & GROW YOUR MINDSET

True wellness is about your entire lifestyle, not just diet and exercise. That means:

- + Making quality sleep a priority (That's 7-9 hours every night...)
 - Track with Oura Ring
 or Fitbit
 - Supplement as needed

+ Addressing your stress (Time for a life cleanse?)

- Meditation
- EFT (a.k.a. tapping)
- Supplement as needed
- + Staying positive and resilient (Mindset is everything!)
 - Warrior Mom
 - <u>Miracle Mindset Academy</u>

CORE 4/4: Strengthen, tighten & tone

Adding resistance training will build muscle, which serves as your body's metabolic Spanx. This type of training will help firm, tighten, and tone while keeping your metabolism humming along. Studies show that exercise is key for long-term weight management! (Again **Fast Fitness** has what you need!)

> **16 & ASSESS** AGAIN

MEASURE

By now, recording your Mile Markers should be a healthy habit.

TAKE ON INDIVIDUAL CHALLENGES

Now that you've dialed in your diet and fitness, you can turn your attention to any symptoms that remain using targeted supplements, focused dietary and lifestyle interventions, and advanced lab testing.

LOOK AT:

- + Autoimmune issues
- + Toxicity
- + Gut function
- + Insulin resistance/ Type 2 diabetes
- + Thyroid/adrenal health
- + Balancing sex hormones

CONGRATULATIONS!

You've taken some amazing steps.

By now, you've probably also realized that your journey to wellness is highly personal and lasts a lifetime.

Your body and needs will continue to change. I recommend you make mindset maintenance part of your daily routine, continue to detox quarterly, and retest your food and carb tolerances every year. It's also important to keep track of those Mile Markers! Don't be afraid to weigh yourself every day and measure your waist and hips weekly. What you measure, you can improve...

As life brings new challenges, your roadmap is here to help you take the steps you need to stay fit, healthy, and positive.

And to keep yourself motivated and inspired, plug into a health-focused community who will support you on the journey.

Enjoy the ride!

You CAN have it all!



All of our cutting edge online programs

Amazing community support

Access to JJ and our world-class health coaches

Live events, fitness demos, and masterclasses

Exclusive discounts, previews, and more!









Get Started Now!