

JJ VIRGIN

FORGET AGING GRACEFULLY,
AGE POWERFULLY!



Board Certified Nutrition Specialist
Certified In Holistic Nutrition®
4x New York Times Bestselling Author
Certified Personal Trainer
Fitness Hall of Famer

JJVIRGIN

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HI, I'M

JJ VIRGIN

Aging is a privilege, Aging Powerfully is a choice. I empower women 40+ to step boldly into the best chapter of their lives.

Revolutionary health leader JJ Virgin is a triple-board certified nutrition expert, Fitness Hall of Famer, and a passionate advocate for the healing power of food and exercise. She's on a mission to redefine aging—not as something to endure, but as a stage of life to own with strength, vitality, and purpose.

A 4-time New York Times bestselling author, JJ is known for innovative, breakthrough concepts like *"Muscle Changes Everything"* and the inspiring shift from "aging gracefully" to *Aging Powerfully*. Her muscle-first approach challenges outdated weight loss models, helping people build strength, boost metabolism, and take control of their body and destiny.

She's also the founder of the **Health Business Growth Collective** (formerly Mindshare), the most influential community of health entrepreneurs in the world. Her leadership has helped launch more *New York Times* bestsellers, PBS specials, and 7-figure brands than any other group in the industry.

A powerful media personality, JJ has co-hosted *TLC's Freaky Eaters*, served as the nutrition expert for *Dr. Phil's Weight Loss Challenges*, and appeared on PBS, *Dr. Oz*, *Rachael Ray*, *The TODAY Show*, and more. She regularly commands audiences of 10,000+, has shared the stage with icons like Tony Robbins, Seth Godin, and Gary Vaynerchuk, and teaches for Tony Robbins' Life Mastery program.



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JJ is also a successful entrepreneur, having built two multimillion-dollar businesses—including a 7-figure personal brand—and is a 3x Inc. 5000 founder and top 10 finalist for the John C. Maxwell Leadership Award.

JJ is the author of *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin's Sugar Impact Diet*, *JJ Virgin's Sugar Impact Diet Cookbook*, and *Warrior Mom: 7 Secrets to Bold, Brave Resilience*, which chronicles the lessons she learned while fighting for her son's life.

Her popular podcast, *Well Beyond 40*, has surpassed **22 million downloads**, and her social content reaches millions across YouTube, Instagram, TikTok, Facebook, etc.

With her signature blend of nutrition, fitness, mindset, and business strategy, JJ empowers health leaders and individuals alike to show up stronger, live longer, and lead a new era of health and high performance.



AS SEEN ON



Dr.Phil



THE DRS

Woman's World

THE DAILY
BUZZ

First
for women

Star

THE
700
CLUB

REACH



201K

FACEBOOK
FOLLOWERS



200K

INSTAGRAM
FOLLOWERS



204K

YOUTUBE
SUBSCRIBERS



20M

PODCAST
DOWNLOADS

JJVIRGIN

MEDIA & SPEAKING

APPEARANCES



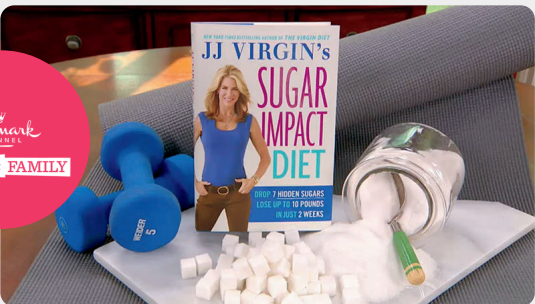
[JJ Virgin On The Today Show](#)

JJ talks about how on The Virgin Diet, you drop seven foods from your diet to lose seven pounds in seven days.



[JJ Virgin On Dr. Oz](#)

JJ reveals her effective 3-day Teatox plan to Dr. Oz.



[JJ Virgin On Hallmark](#)

JJ reveals how much sugar is in “healthy” foods and offers a recipe for chocolate avocado mousse.

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APPEARANCES

Public
Television



JJ Virgin On Public Television

Take a deep-dive into The Virgin Diet and the 7 foods that are hurting you.



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[MarieTV with Marie Forleo](#)



[Model Health Show with Shawn Stevenson](#)



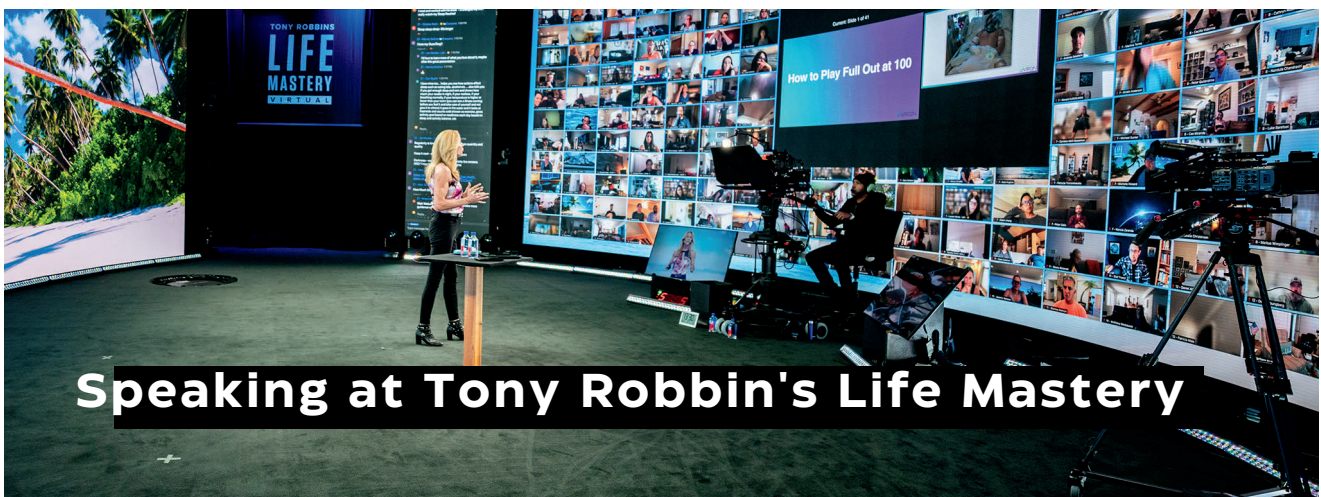
[Doctor's Pharmacy with Dr. Mark Hyman](#)



[Impact Theory with Tom Bilyeu](#)



[Joe Polish - Genius Network](#)
[Three Simple Secrets To Play Full Out At 100](#)



JJ'S SIGNATURE TALKS



Built to Last:

The 3 Science Backed Strategies to Drop Fat, Build Muscle & Age Powerfully

Unlock science-backed strategies to drop fat, build muscle, and thrive through your 40's, 50s and beyond.

Join nutrition expert, 4x New York Times bestselling author, and fitness hall of famer, JJ Virgin, as she reveals the secrets to being in peak condition throughout your life. Learn how to take control of your health and age powerfully.

Remember: Aging is a privilege. Aging powerfully is a choice.



Overworked to Overflowing:

Optimize Your Health Biz for Scalable, Sustainable Success

In the rapidly evolving health and wellness industry, many practitioners find themselves stuck—overworked, underpaid, and struggling to stand out as thought leaders. This talk is designed to help you break free from that cycle by guiding you through our proprietary framework to create, optimize, and scale your business for sustainable success.

First, you'll learn how to create an income stream with higher profits and less time investment, leveraging your expertise into scalable offerings. Next, you'll discover how to optimize your business with the right tools, technology, and team to free up your time to work ON your business. Finally, we'll explore how to scale your operations so you can choose your next adventure, whether it's expanding your practice, launching a new venture, or simply enjoying the freedom you've earned.

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SPEAKER REEL



BOOK JJ VIRGIN

*These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.



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