**Speaker:**

**JJ Virgin**

JJ VIRGIN CNS. CHFS Celebrity Nutrition and Fitness Expert JJ Virgin helps clients lose weight fast by breaking free from food intolerances and crush their sugar cravings. She is author of 4 New York Times Bestsellers: JJ Virgin’s Sugar Impact Diet Cookbook: 150 Low-Sugar Recipes to Help You Lose up to 10 Pounds in Just 2 Weeks, The Sugar Impact Diet: Drop 7 Hidden Sugars, Lose up to 10 Pounds, Just 2 Weeks, The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days, and The Virgin Diet Cookbook: 150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast. JJ is also a frequent blogger at Huffington Post, Mind Body Green, and other outlets as well as a popular guest on TV, radio, and in magazines. Learn more at www.jjvirgin.com.

**Presentation Date**

**September 26, 2016**

**Topic**

**Healthy Hacks for the Busy Individual!**

**Introduction**

During this powerful Mastering Your Mindset live webinar, JJ Virgin is going to teach you healthy hacks that every busy individual should know! You will learn some simple strategies that will boost your productivity, energy, endurance, health and that will help you feel better fast.

**Objectives**

At the conclusion of this lesson, you will be able to understand:

- Simple strategies for BIG impact on your productivity, energy, endurance and health
- Simple shifts in what you eat to boost your energy, and health
- The best and worst times to eat for increased productivity, energy and digestion
- Hope or Hype? What supplements you need and what to look out for
- Simple strategies that you can put into immediate action to help you feel better fast
Questions for Discussion

Name one or two strategies that will have a BIG impact on your health?

What simple shifts can you make to increase your energy?

Supplements: What do you need? What should you look out for?
Exercise: Write down two simple shifts you plan to incorporate into your life, and how you will implement them into your life.
Notes: