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Invisible Fitness

JJ Flizanes

EMPOWERMENT STRATEGIST

mind body soul

THE INVISIBLE FITNESS Formula

JJ FLIZANES

EMPOWERMENT STRATEGIST

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www.invisiblefitness.com

JJ FLIZANES

EMPOWERMENT STRATEGIST

JJ Flizanes is an Empowerment Strategist and host of The Fit 2 Love Podcast Show. JJ is on a mission to transform the meaning of the word "fitness" to include not just the state of a person's physical body, but also the emotional, mental and spiritual factors which affect a person's overall well-being. And, for JJ, the key components in all these areas are 'invisible' — balanced support structures of nutrition, emotional centeredness and health. ,JJ designs customized coaching programs and unique, versatile approaches that harmonize the emotional, the mental and the spiritual.

Credentials and accolades follow the name of JJ Flizanes wherever it appears, and for good reason. JJ Flizanes is an Amazon best-selling author of Fit 2 Love: How to Get Physically, Emotionally, and Spiritually Fit to Attract the Love of Your Life which debuts the renowned personal fitness trainer as a relationship coach extraordinaire. Author of Knack Absolute Abs: Routines for a Fit and Firm Core, JJ Flizanes was named Best Personal Trainer in Los Angeles for 2007 by Elite Traveler Magazine and has been lauded by Shape Magazine as one of the top fitness trainers in 2003. Her newest book, The Invisible Fitness Formula: 5 Secrets to Release Weight and End Body Shame debuted at #2 as a Hot New Release as well as #2 Amazon Best Seller in Women's Health.

What sets JJ apart from her Celebrity Fitness counterparts when it comes to exercise lies in her anatomically-centered routines, which protect overworked and aging joints from catastrophic failure. As an Exercise Architect, her custom designs her workout programs to fit each individual's skeletal structure, existing fitness level and goals. Combining the science of the body with the science of the mind, JJ co-created The 6 Week Beach Body Program, in which candidates focus on the mental and emotional aspects and use hypnosis to break the subconscious patterns.

A favorite of journalists and the media for her depth of knowledge and vibrant personality, JJ, a contributing expert for Get Active Magazine, has also been featured in many national magazines, including Women's Health, Muscle and Fitness HERS, Elegant Bride, Fitness Magazine, and E Pregnancy Magazine, to name a few. Her television appearances include LA's KTLA, FOX 11, CBS, and NBC.

JJ Flizanes has proven that she's not only an expert in matters of the body and fitness—she's an insightful and provocative author who delivers a timely message about matters of the heart.

Invisible Fitness -Visible Results

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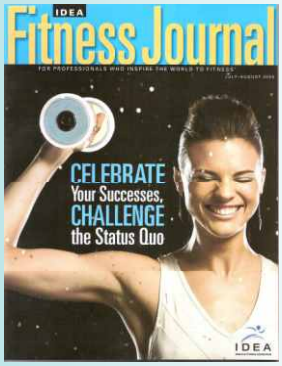
HONORS & ACCOLADES

December, 2006/January 2007
Elite Traveler's Best of the Best in Los Angeles

JJ Flizanes captured the attention of the affluent traveler when she was named Best of the Best of Los Angeles in the category Personal Trainer. Her personal clients include leading names in the films Big and Honey, as well as TV personalities (the cast of Numbers) and a well-known talk show host."

January & September, 2003 Shape Magazine
JJ Flizanes named Top 6 Trainers of the Year

JJ Flizanes, founder and creator of Invisible Fitness™ was named as one of the Top 6 Trainers for 2003. A frequent contributor to the magazine for her easy To understand and effective sculpting routines, JJ keeps the readers informed. JJ's super sculpted shoulder routine was published in January of 2003 and her leg workout published in September 2003.



May 2009, July 2010, August 2011
IDEA finalist for Personal Trainer of the Year

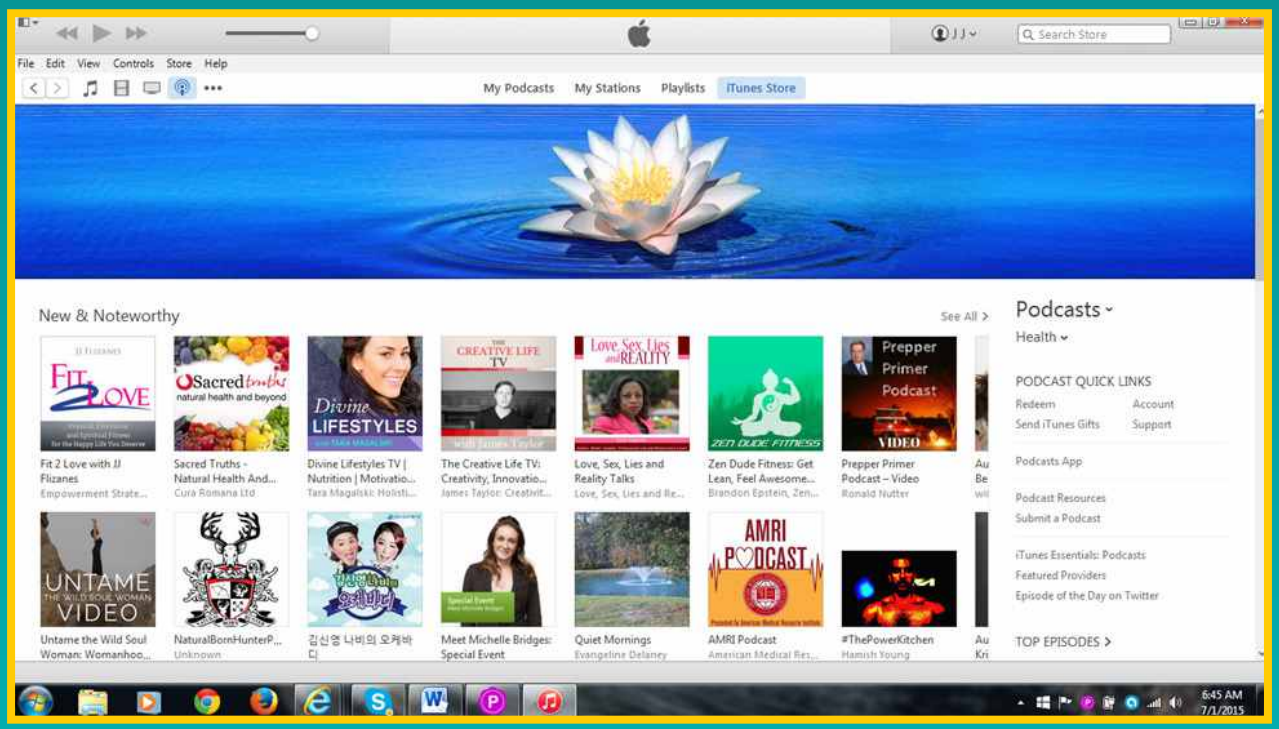
JJ Flizanes was chosen as a finalist for IDEA Personal Trainer of the Year 2009, 2010 and 2011.

June 2015/July 2015

Fit 2 Love PodCast #1 Video Podcast on iTunes

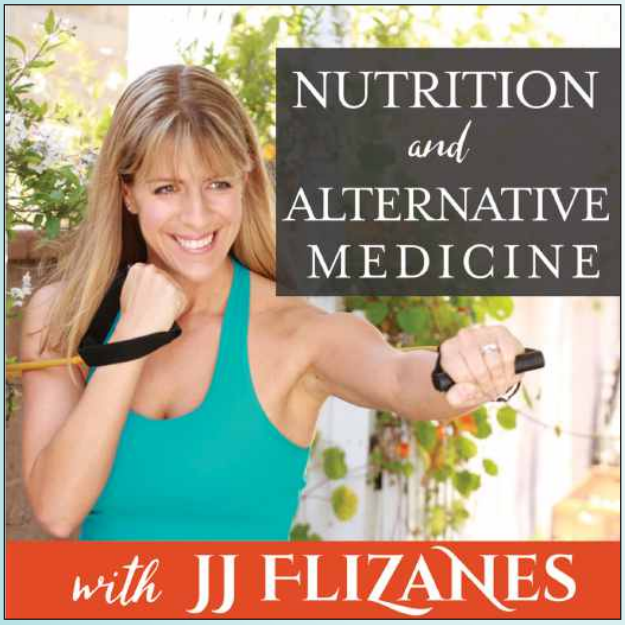
June 2015/July 2015

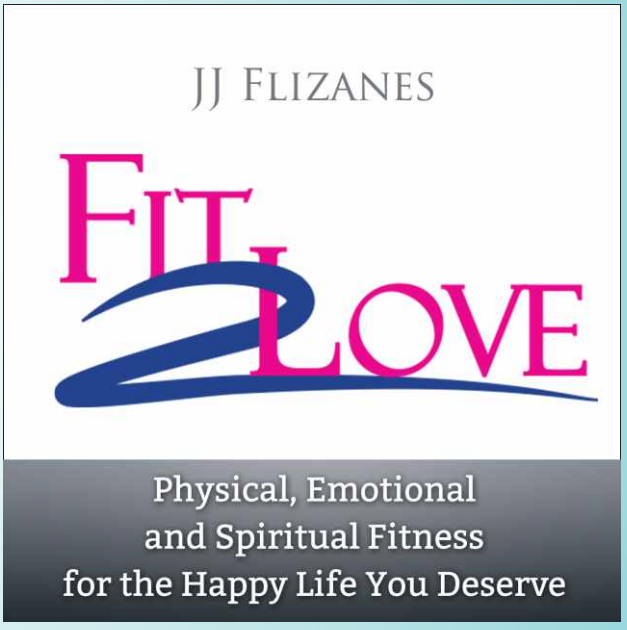
Fit 2 Love PodCast #1 Video Podcast on iTunes in Health Category



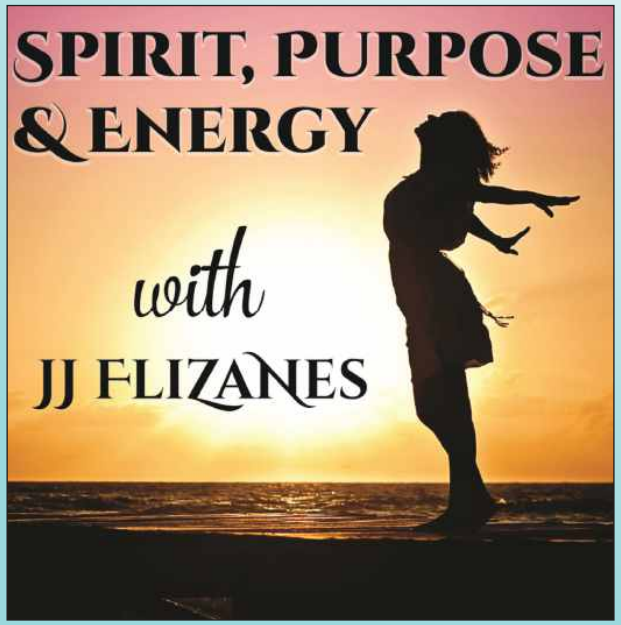
JJ FLIZANES SHOWS ON ITUNES

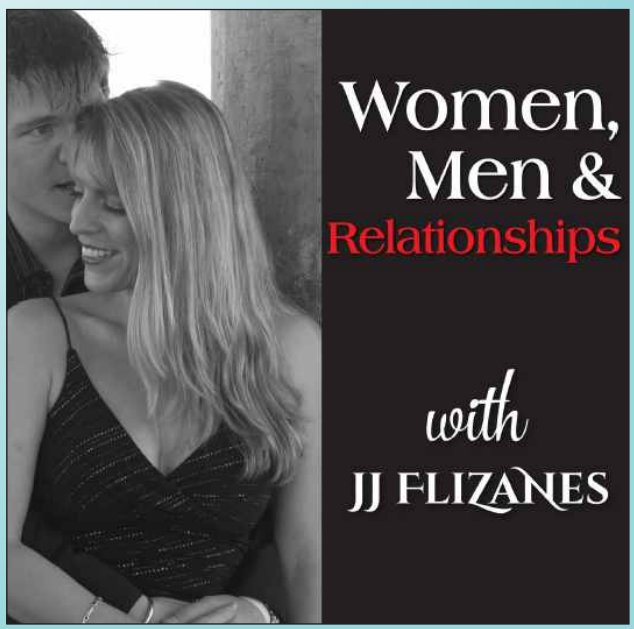
VIDEO PODCASTS





AUDIO PODCASTS





JJ FLIZANES

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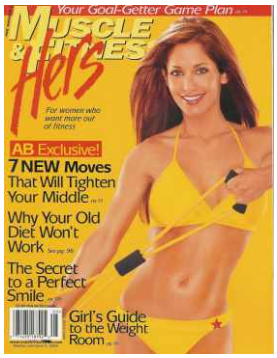
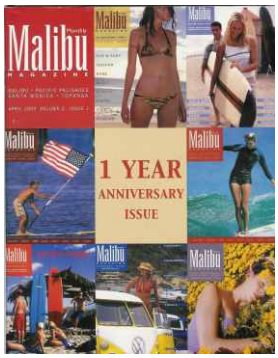
PRESS

Here are few of the places where JJ Flizanes has been featured





ELITE TRAVELER
THE PRIVATE JET LIFESTYLE MAGAZINE

Best Seller amazon.com

CBS

SELF

JJ FLIZANES FIT 2 LOVE
Physical, Emotional and Spiritual Fitness for the Happy Life You Deserve

NBC

iHeart RADIO

ktla where LA lives.

SHAPE

fitness Mind, Body + Spirit

VIV

MORE FOR WOMEN OF STYLE & SUBSTANCE

FOX

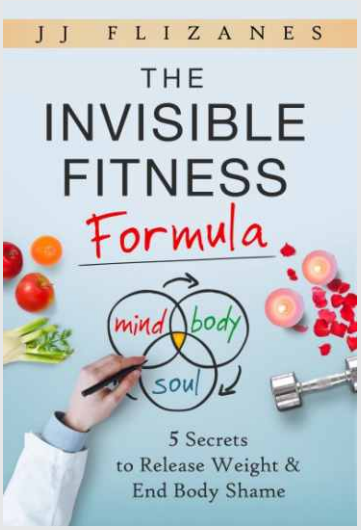
hers

The Aware Show
Lifestyle Programming for a Balanced and Healthy You

For Immediate Press Release

Contact: media@invisiblefitness.com
800 571 5722

The Invisible Fitness Formula: 5 Secrets to Release Weight & End Body Shame debuts at #2 as an Amazon Best Seller and Hot New Release in Women's Health on May 18th.



(Los Angeles, CA) -- In a special announcement, CEO of Motivational Press, Justin Sachs said, "We are especially proud of JJ Flizanes on reaching the prestigious best-seller ranking on Amazon.com. It speaks to the quality of content and the impact The Invisible Fitness Formula: 5 Secrets to Release Weight & End Body Shame is having on people throughout the world."

Most of the exercise, diet, and weight loss programs out there focus on the exterior, or the visible: how many pounds you've shed or how many inches you've lost. But they fail to address the invisible.

Recent research in mind –body medicine indicates that if we are truly going to heal the obesity epidemic that has tripled in the past fifty years, a holistic, mindful approach is key. True health is not just about the weight you release, it's about the life you gain in the process.

"The Invisible Fitness Formula is a trustworthy guide that will inspire readers to heal the obstacle of body shame and claim a lifestyle of healthier eating and fitness as their authentic practice rather than merely following a fad." Michael Bernard Beckwith author of Life Visioning and founder of The Agape International Spiritual Center in Los Angeles.

Flizanes' new book was among the celebrity swag bag gifts by Distinctive Assets for Mother's Day and made it into the hands of this year's famous mommies and mommies-to-be including Kerry Washington, Katherine Heigl, Mila Kunis, Blake Lively, Vanessa Lachey, Amber Tamblyn, Tori Spelling, Amy Smart, Beyoncé, Amanda Seyfried, Ciara, Lauren, Natalie Portman, Alanis Morissette, Chrissy Teigen, Tyra Banks, Hoda Kotb, P!nk and Janet Jackson.

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