



JJ Flizanes, *Empowerment Strategist*



Invisible Fitness -Visible Results

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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. A video expert for About.com and regular contributor for The Daily Love ,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.

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.



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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

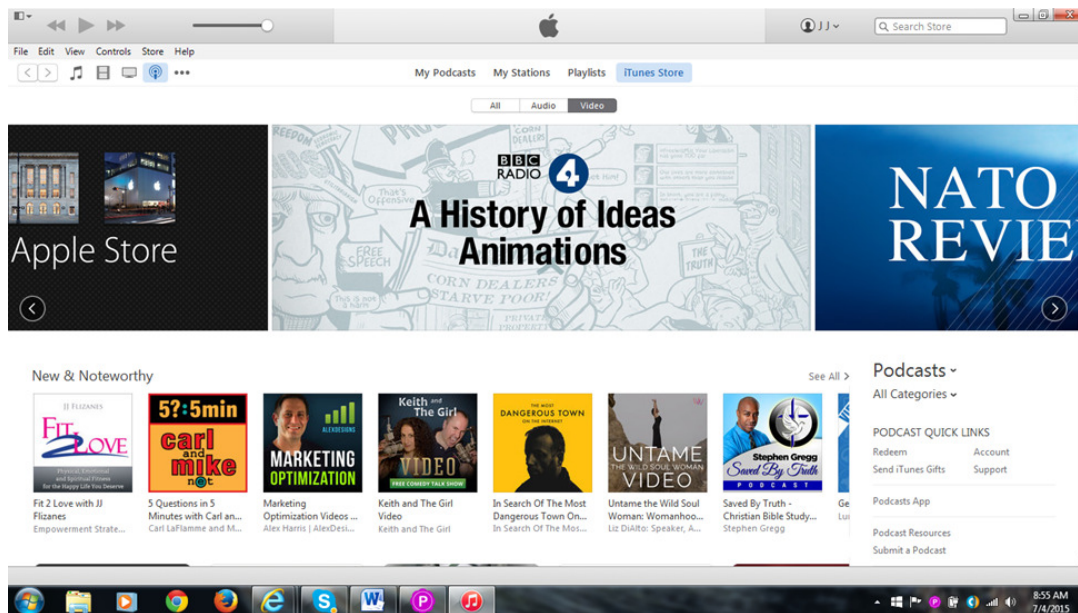


JJ Flizanes was chosen as a finalist for IDEA Personal Trainer of the Year 2009, 2010 and 2011.



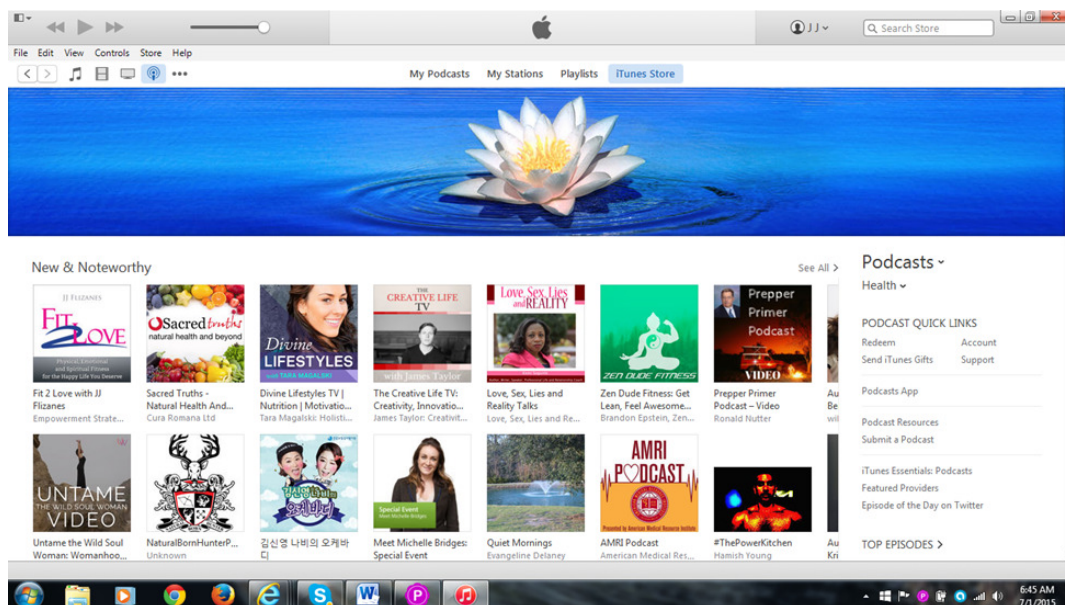
June 2015/July 2015

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

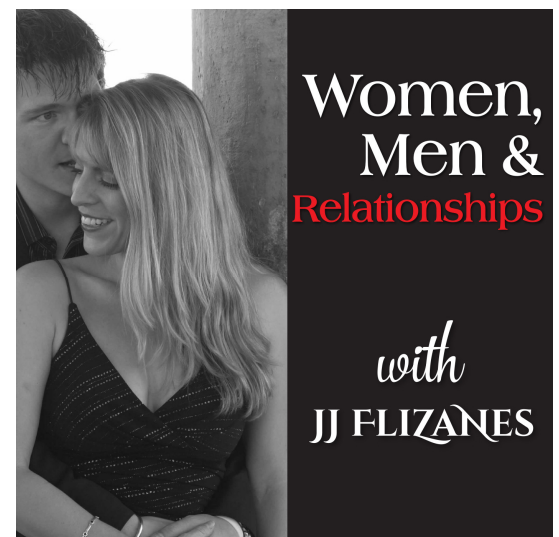
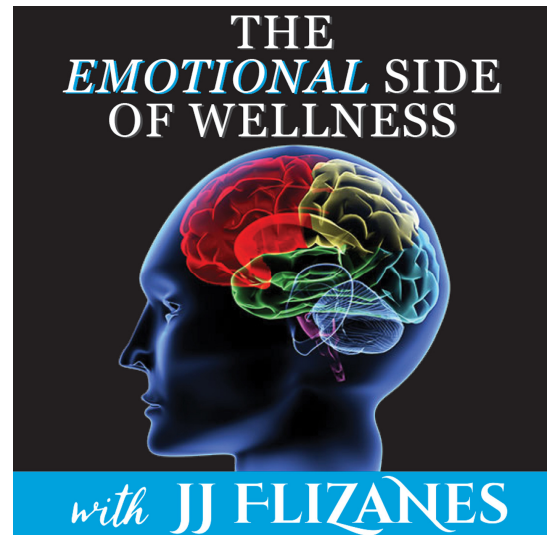


JJ Flizanes Shows on iTunes

Video Podcasts



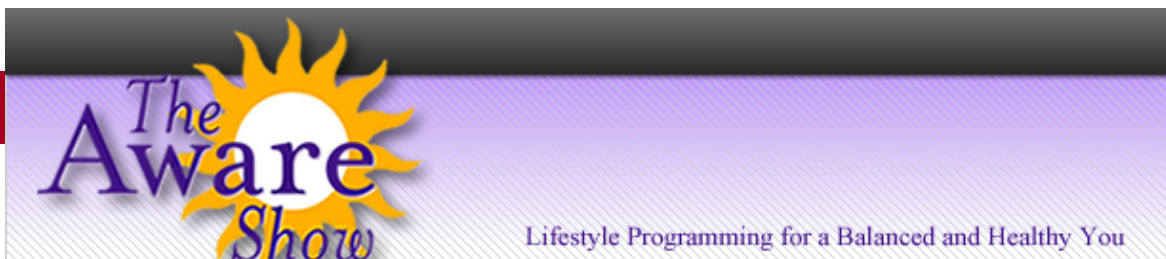
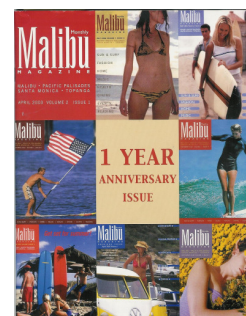
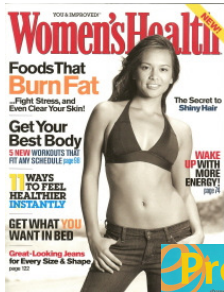
Audio Podcasts



JJ Flizanes, America's Guilt Free Trainer

PRESS

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

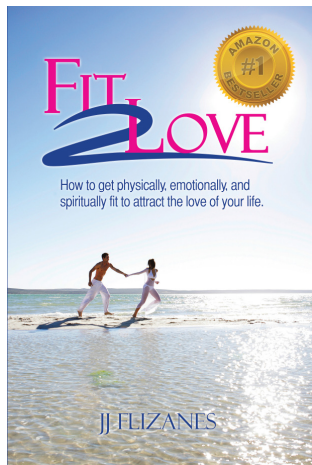


Lifestyle Programming for a Balanced and Healthy You



JJ Flizanes

NEWSRELEASE



(Los Angeles, CA) -- According to the U.S. Census Bureau, 44% of the adults in America are single. There are more than 100 million unmarried adults, many of whom are searching for the perfect partner, but unable to find them. JJ Flizanes, a leading personal fitness trainer, explores the reasons in her newest book, *Fit 2 Love* released February 9, 2011 to make an Amazon best seller status, *Fit 2 Love* partners Flizanes' experience as a fitness trainer with a spiritual and emotional fitness program designed to attract the love that millions are seeking. Published by Bush Street Press, *Fit 2 Love* is an intriguing combination of Flizanes' fitness expertise with matters of the heart.

Through her own personal quest for love and case studies of other men and women who have successfully implemented her fitness for love program, the author supports her position that one must love and care for themselves before they can attract a reciprocating love.

"*Fit 2 Love* is about creating love and security through fitness, foods, self-respect, sensuality, and gratitude. When we create our own happiness through our body and mind, we are able to naturally manifest a partner who recognizes and respects us physically, emotional, and spiritually." states JJ Flizanes, award-winning fitness trainer whose work and programs have been featured in national magazines and on FOX, CBS, and NBC television appearances.

Fit 2 Love also includes a four-week plan that is an easy exercise, nutrition, and self-care process that will guide readers to transform the relationship they have with themselves, their body, and others. According to Flizanes, "Fitness is applicable in all areas of life. The purpose of *Fit 2 Love* is to provide a truly effective way to utilize it to enrich not only their personal life, but also their love life. In order to attract love, you must first be fit to love." A few of the accolades on Amazon.com were:

- #1 Best Seller in Mind Body Connection
- #1 Hot New Release in Women's Health
- #2 Hot New Release in Exercise and Fitness
- #2 Hot New Releases in Stress
- #4 Hot New Release in Love and Romance
- #5 Hot New Release in Personal Health
- #9 Best Seller in Women's Health
- #9 Best Seller in Love and Romance
- #11 Best Sellers in Exercise and Fitness



Fit 2 Love is available on Amazon.com and at JJ Flizanes' website, Fit2Love.TV.