



GRIFF NEILSON

YOUR HOLISTIC LIFESTYLE HACKER

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HEALTHY EMPLOYEES. POSITIVE CULTURE. LOWERED HEALTH CARE COST.

*During the past 15 years, Griff Neilson has been on a mission to lift clients, employees, and organizations out of the ordinary and guide them into a lifestyle of extraordinary health, wellness, and mental freedom. Coupled with personal experience as a former sugar addict and over 15 years mastering the mindset of wellness, Griff Neilson is uniquely committed to helping people get out of an unhealthy "norm" by mastering their mind and honoring their bodies. With years of formal education in nutrition and holistic health, combined with personal and professional experience, Griff now instructs corporations, universities, and private groups about changing their health and fitness lifestyles, one step at a time. Griff's book, **Exorcising Your Excuses: Heal your Mind, Honor Your Body, Manifest your Dream** is available on Amazon.com*

Griff speaks for Corporate, professional business men and women, holistic organizations and groups, conferences, personal trainers, etc.



CORPORATE TRAINING COURSES:

Mind Your Fitness! Bringing The Mind & Body Together For Lasting Health

Sugar Freedom Revolution (9-weeks)
 Up to 70% of American's are addicted to sugar.
 How sugar is affecting our health and productivity?

The Fab-4-Mation Weight Loss System (6-weeks)
 Stop ignoring the "Fab Four" of weight loss and start losing weight!



SINGLE SPEECH/KEYNOTE

Keep Your Best & Brightest Engaged & Motivated: Increase Retention and Productivity Using The Diet, Sleep, Hormone and Hydration Equation

Are You Tired of Goal Setting with Nothing to Show for It?
 Command Your Unconscious Mind To Achieve Your Goals Every Time

4 Must-Have Lifestyle Traits To Increase Your Energy & Productivity!:
 Get More Done By Doing LESS!

Rebel Training: Become Healthy, Happy & Empowered by Ignoring Conventional Wisdom & Following Your Instincts

Nutrition is NOT Rocket Science: Simplifying the Nutrition Puzzle in 3 Easy Steps

Losing Your Sugared Soul: 5 Crucial Steps in Defeating Sugar Addiction

An important aspect of a successful and highly effective workforce is good health. Griff Neilson of Lifelong Fitness provides a wealth of knowledge through his FitMent and Sugar Addiction Courses that has visibly changed the lives of many of the executives at Mountain America. Griff also trained the staff on nutrition, good sleep habits, stress management, and exercise.
 Sterling Nielsen, CEO Mountain America CU

Professional Member of NSA



Griff has been great to work with both as a Holistic Life Coach and Public Speaker. He has a wealth of knowledge about nutrition, mindset and physical fitness. He is a dynamic and passionate speaker and his FitMent Infinity Course provided great insights and motivation to change my eating habits and achieve my goals.
 Jeremy Nelson, VP Direct Marketing, Mountain America CU

