



# GRIFF NEILSON

YOUR HOLISTIC LIFESTYLE HACKER

Email: [Griff@lfit.com](mailto:Griff@lfit.com)

Office: 801-444-2796 Cell: 801-686-2131

Skype/Phone: [griff.neilson200](https://www.skype.com/user/griff.neilson200) (801-896-1284)

[www.griffneilson.com](http://www.griffneilson.com)

## EXORCISE YOUR EXCUSES!

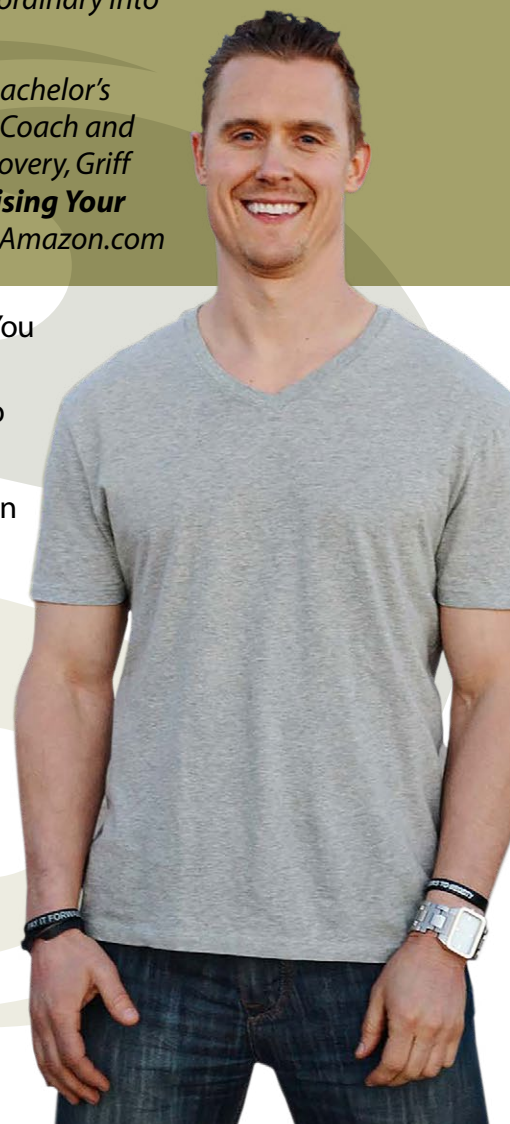
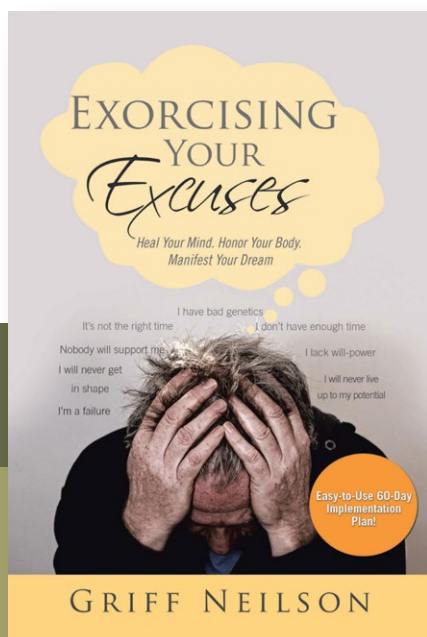
**GRIFF NEILSON, YOUR HOLISTIC LIFESTYLE HACKER**, will help your audience discover mindset methods that will revolutionize the way they approach work, play, and, ultimately, a lifestyle of wellness.

As a professional coach and consultant, Griff has helped over a thousand people in the last 18 years to discover a powerful and effective path to improving their overall well being. By following a set of unique tools that encompass the Four Quadrant Coaching Model for Accelerated Success, Griff is able to turn a client's ordinary into an extraordinary.

Not only is Griff a sought-after keynote speaker and seminar trainer, he also holds a bachelor's degree in Exercise Science. Additionally, he is a trained CHEK Level III Holistic Lifestyle Coach and a multi-certified Personal Trainer. As an expert in weight loss and sugar addiction recovery, Griff has helped hundreds overcome this overlooked addiction. Finally, Griff's book, **Exorcising Your Excuses: Heal your Mind, Honor Your Body, Manifest your Dream** is available on Amazon.com

- #1 **Why ADD/ADHD is an Invention of Our Modern Lifestyle** - 4 Simple Steps You Can Take to Correct It
- #2 **The Modern Parents' Dilemma:** Escape the Junk Food Trap by Fun Food Prep
- #3 **Gutsy Move:** 5 Ways to Heal Your Gut to Lose Weight & Reclaim Your Health
- #4 **Macros are a CROCK!** 3 Ways How Counting Calories & Measuring Macros Can Make You Fat
- #5 **The Health-Giving Path of the Nutritional Non-Conformist:** The Anti-Diet, Eating-Well Program
- #6 **"Wet Yourself For Weight Loss"** 4 Tips To Rehydrate
- #7 **Mind Your Meals:** 5 Ways to Program Your Subconscious Mind to Create Health & Happiness

- #8 **Meditation, Mindfulness, and Movement:** 3 Key Behaviors to Slow Your Anxiety & Speed Up Your Metabolism
- #9 **Sugar & Hormones:** How Getting A Little "Sugar" Drives Your Hormones Wild
- #10 **Sugar Happy:** The Addiction You want to Get Rid of! 4 ways to Know if You're Hooked



**Availability:** Salt Lake City, UT or nationwide by arrangement  
**Skype:** [griff.neilson200](https://www.skype.com/user/griff.neilson200) (801-896-1284)



FJM



MOUNTAIN AMERICA



GE Capital



HEADWATERS



communications  
Communication Systems-West