

Julianne Savage

Wellness Lifestyle Expert at JumpStart Your Weigh, LLC

Greater Minneapolis-St. Paul Area, MN, US, MN, US

Wellness Lifestyle Expert & Coach - Helping the ordinary person live an extraordinary life!

Biography

There is nothing more exciting than to see the sparkle in someone's eyes when they achieve their goal. Julie has experienced that delight repeatedly in her experience helping others achieve their weight loss goals. For over 25 years, Julie has mentored and coached others to success through her direct sales business, repeatedly reaching over \$500,000 in sales within her organization. For the past 7 years, Julie has mentored and coached others to achieve weight loss success. While employed at Metabolic Research Center and The Weight Loss Zone in Amarillo, Texas, Julie held a weekly motivational class for clients that achieved the highest attendance success on a weekly basis for all 39 centers nationwide. She continues to motivate others to achieve their weight loss goals and live a healthy life through her own business JumpStart your Weigh, LLC. Knowing personally the struggles of weight management, healthy living, and having the energy necessary for all areas of your life, Julie's goal is to encourage, motivate, and provide practical tools for the ordinary person to live an extraordinarily successful and healthy life. Julie speaks with organizations, small businesses, and large corporations to help combat the issues of obesity, health complications, and lack of wellness that affect job performance, productivity, loss of work days, and health care costs. Julie teaches audiences how to Jump into life with both feet with Joy, Umph, Motivation, and Passion. These four qualities will provide the motivation and the tools necessary for the ordinary person to be extraordinary and successfully live a balanced and healthy life. For more information and to book Julianne for your next event, call (806)282-1686 or email Julie at juliannesavage@frontier.com.

Availability

Keynote, Workshop

Industry Expertise

Women, Professional Training and Coaching, Health and Wellness

Areas of Expertise

Jumpstart Your Weigh to Healthy Living, Raise Your Self Esteem to Lower Your Weight

Affiliations

Toastmasters International, National Speakers Association - Minnesota Chapter, National Speakers Association

Sample Talks

JumpStart Your Weigh to Healthy Living

Many of us desire to live a healthier lifestyle. Julie will provide the fool proof JUMP method to healthy living. Learn the 4 components to help you put your best foot forward every day so you will see positive results. Learn how to: ? Control your attitude so you will find Joy in the process ? Determine the amount of Umph necessary to get the results you desire ? Learn strategies to stay Motivated over the long term ? Develop a Passion for healthy living and pass it on to others

Education

Iowa State University
BA - Graphic Design

Testimonials

Lori Brumbough

Thank you so much for a superior presentation! You are a fantastic speaker. You are very skilled in speaking, pacing your presentation, involving the audience and creating enthusiasm!

Roman Pundyk

Great job! Totally inspired me to get started! A nice kick in the pants!

Judy Helmer

Julie did an excellent job and kept the students engaged and captivated!

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)