

JASON SANI

AUTHOR

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HEALTH ACTIVIST

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CHEF | SPEAKER | TRAINER |

NUTRITIONAL ALCHEMIST |

“The big x-factor is eating food that you really love and getting the results that you desire... Compared to eating food that you tolerate. If the process isn’t fun yet, it can be.”

“It’s not only what you eat but how you eat. Eat with purpose. Every meal has a narrative and that affects how you perceive and receive the food. What type of story are you telling your body?”

Jason’s passion is fueled by his desire to shift the paradigm of nutrition, mindfulness, and health as an obligation to more of a desire. He has built a following through workshops, regular appearances on television and other media outlets. Jason delivers his message with a contagious enthusiasm that combines entertainment and education.

With 10+ years in the wellness industry including working with 1,000’s of clients, Jason has a unique approach that’s been modeled after the unique experiences that cover motivation, behavioral choices, adherence and happiness. This, from a guy who was an undersized kid who had himself and parents convinced that he was allergic to vegetables. (The stories and false beliefs CAN change)

TOPICS & AREAS OF EXPERTISE

Adherence and enjoyment of a healthy lifestyle – Training your taste-buds

Culinary nutrition – using the best functional ingredients for the individual including recipe development

Energy Management – Stress management, optimizing nutrition and lifestyle habits

Living and accessing your best version from moment to moment

Eating for performance and Longevity

NOTEABLE PROJECTS/ACHIEVEMENTS

Author of [Making Healthy Taste Good](#) – A guide to creating and enjoying a Healthy lifestyle for YOU

Personal Brand – Youtube views: 400,000+

Co-Founder of Podcast: Feed Me Fuel Me & Live Peak Performance

Feature lead on Buzzfeed & Facebook production 18 episodes

Owner & Founder of Clubz fitness – Online training program

Featured on SpikeTV’s Sweat Inc with Jillian Michaels

EDUCATION

Arizona State University – Business, Marketing 2008

Institute of Integrative Nutrition - 2010

Culinary Arts course– Scottsdale Community College - 2013

PROFESSIONAL EXPERIENCE

Key notes, Consulting for: restaurants, menu design, product formulation, meal delivery companies, nutrition companies, and physician offices, Founder & Host of Revival Holistic Retreats

PUBLICATIONS AND FEATURED WORK

Content creator for Sam Fox (True Foods/Juby True)

Lululemon, Scottsdale Health Magazine, men's fitness

Development of training programs for Roar ambition, Wodstar, Reebok

“You can train your taste-buds **with flavor insurance**. Find a way to love the food that loves you back.

Every meal is an opportunity to get stronger, healthier, and better.

Health should be delicious.

Strength should be delicious.

Recovery should be delicious.

Beauty should be delicious.

REEL: https://youtu.be/Wo3wsFfur_I

COOKING DEMO: <https://bit.ly/2MpxkS5>

