



Jay Jacobs

Jay Jacobs, a 54-year-old serial entrepreneur from West Orange, NJ, was a contestant on the eleventh season of NBC's hit weight-loss reality show, *The Biggest Loser*. Known as one of the strongest teams to beat, Jay and his daughter, Jen, were the Green Team and lost a combined total of 295 pounds on the show! Jay, born in Cleveland, Ohio, grew up in Maryland, and then headed to New York City, where he attended Parsons School of Design and met his wife of 32 years. He started to put on weight as a child, but the greatest weight gain came as an adult. Before the show, Jay called himself "functionally fat" and had tried to lose weight his whole adult life. He had even lost over 100 pounds several times—only to gain it all back. In the fall of 2009, he hit his highest weight of 435 pounds.

Jay tried out for *The Biggest Loser* because it was his daughter Jennifer's dream. Soon, though, Jay came to find out that he needed the show even more than Jennifer did. Chosen from a casting call of over 250,000 hopefuls, Jay started the show at 400 pounds. Affectionately tagged by world-renowned trainers Bob Harper and Jillian Michaels as the "man with nine lives," Jay barely made it onto the show after being diagnosed with near fatal heart arrhythmia due to a severe case of sleep apnea. Never finishing first, but always finishing strong no matter what challenge was set before him, Jay became one of America's favorite contestants. In fact, against all odds and competing against an Olympic Gold Medalist, Jay made it to the coveted Final Four as the only man left standing and after losing an amazing 181 pounds in just eight months.

Now, this father of two wears XL instead of 5X; doesn't need a seat belt extender; easily fits into restaurant booths; works out six days a week; Spins; practices hot yoga; runs Spartan races; and completed the New York City marathon with Jen and his son, Matthew, this past November.

In addition to being a managing partner of Shurn Group, his family-owned health and wellness branding and marketing firm, Jay has become a highly sought-after and very successful motivational speaker who inspires others to unlock their "Personal Best!"

Speech Topics

What You're For Strengthens You

Learn the secret to unlocking your Personal Best!

Eating right, getting regular exercise, and living at a healthy weight give all of us the best shot at living a long and healthy life. We all know that, but why don't we live that?

Through his story of physical, mental, and spiritual transformation on and after his appearance on the reality show *The Biggest Loser*, Jay shares how he came to learn that there are two "You's" that control everything in our lives: A "You" that can strengthen us and a "You" that can weaken us. The only real roadblocks to unlocking YOUR "Personal Best" in all the areas of YOUR life are with YOURself. And as we all know, that's the toughest opponent we face every day.

Jay sets the bar high for himself and his presentations—he wants to change people's lives. Moved and motivated by his story, audience members will leave Jay's program with the tools to begin to unlock their Personal Best!