

About The Veg Coach

Ellen Jaffe Jones "THE VEG COACH." is a certified personal trainer, running coach, author, and is a cooking instructor with The Cancer Project, a program of Physicians Committee for Responsible Medicine. She spent eighteen years in TV news as an investigative reporter, morning anchor, and producer for network affiliates around the country, winning two Emmys among other awards.

Ellen's best-selling book, "Eat Vegan on \$4 a Day" rapidly became her publisher's #1 seller. Ellen's publisher credits part of the success with Ellen's dedication to and use of social media saying, "Her success with social media has been amazing!" Ellen now coaches other authors on how to build their social media "presence." As a result of this success, her publisher requested that she write another book, which will be out later this year or early 2013.

Ellen is a Nationally Certified Personal Trainer by the Aerobics & Fitness Association of America and is also a Certified Coach with The Road Runners Club of America. RRCA certifies most road races in the US, and is the premier national organization dedicated to promoting the development and growth of running and walking throughout the country. Ellen is also the volunteer assistant coach for the Manatee High School Girls' Cross Country & Track Team. Please contact us for fitness/running/walking programs designed for your needs.

Ellen was a popular TV investigative reporter and anchor for 18 years in Miami and St. Louis. While taking six years off to be a stay-at-home-mom, she became an accredited leader and trainer with the breastfeeding information and support group, La Leche League International. Respected doctors told her in order to suppress estrogen (linked to breast cancer growth), she needed to "Stay pregnant and breastfeed as long as you can to protect yourself."

Website: www.vegcoach.com