Meet Jill

Jill Lebofsky's mission in life is to be the champion for midlife women and helping them to look and feel their best during their midlife years. As the Midlife Mojo Master Coach and CEO of The Midlife Mojo enterprise, Jill is very serious when it comes to standing in the gap for women and their overall well being.

She holds multiple advanced degrees from George Washington University and has several specialty certifications ranging from health and fitness coach, menopause coach and breast cancer exercise specialist.

Over her career, she has helped over 2,000+ midlife women gain control over their physical, emotional, sexual, hormonal and spiritual wellbeing. Her clients and community have seen results of happier marriages, increased self-confidence, stronger, fitter bodies and more purpose-filled lives. Husbands have personally thanked her for helping their wives find their mojo in-between the sheets.

She is the Amazon best-selling author of two books, "No Sweat It's Just Menopause! Eating, Exercise and Essential Oils For A Healthy Change" and "Melt The Midlife Middle: A Beginner's Guide For Women To The Intermittent Fasting & Essential Oils Lifestyle".

Jill has been featured in national magazines and on podcasts and is a public speaker on the topic of midlife women's wellness.

Jill educates and supports women globally, from Massachusetts to Malaysia with her various midlife classes and webinars both in person and online. She is the creator of The Melt The Midlife Middle Inner Circle Club, a virtual Intermittent Fasting & Essential Oils Lifestyle membership program.

Jill understands the importance of bringing women together around this important topic of thriving during the midlife years and does so through her special events, retreats and private online Facebook community, the "Midlife Mojo" group.

Jill's overall philosophy on women's wellness and living your best life can be summed up in a simple 3-step approach: Eat Well, Move More, Use Oils.