

# KRISTEN BROGAN



Kristen energizes and motivates her audiences to live healthy without making sacrifices. Her approach is centered on teaching a lifestyle that blends mindful eating, mindful moving, and mindful living. Her presentation style has been described as sweet and powerful.

## CLIENTS HAVE SAID:

*"I have been talking non-stop about Kristen's presentation, sharing how authentic her personality is and the influence of her amazing expertise in the health and nutrition world. I will cherish Kristen's presentation more than ever, as it's brought a whole new meaning to me on the importance of being the best you."*

*"Kristen was just the burst of energy we needed to get us motivated! She came into our organization and educated people that were not looking to be educated on healthy lifestyles... She quickly had all of our people following her every move and enjoying themselves at the same time!"*



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Kristen Johnson Brogan is a Registered Dietitian, Yoga Instructor, Superfood Chef, Author of the best-seller cookbook, **Target To Table: Healthy & Delicious Meals One Superfood At A Time** and Mindful Living Expert at On Target Living, a health and performance company teaching people how to be their best self.

As the Chief Nutrition Officer of a multi-million-dollar company with global operations, Kristen is uniquely positioned to help organizations, leaders, teams, and individuals develop positive habits despite high stress, high demand environments.

Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles. Kristen is a perfect fit for people looking to add more mindfulness, work/life balance, healthy habits, nutrition, wellness or anyone that wants to feel more joy, become energized with a health focused lifestyle, and experience deep mental clarity.

Kristen began her career in the retail world working as a corporate dietitian and fitness expert for one of the largest retailers in the Midwest. Wanting a more natural approach to eating, Kristen became the first holistic dietitian for an East coast based natural food market chain in Chicago. In this retail setting, Kristen learned all about the world of food, holistic health and shoppers' behaviors allowing her to uncover the secrets to living a healthier and happier life.

Kristen graduated from Western Michigan University with a Bachelor of Science Degree in Dietetics and Exercise Science and completed her dietetic internship at Spectrum Health Butterworth Hospital through Andrews University. She holds certifications from the American Academy of Nutrition and Dietetics, American Council on Exercise, Yoga Alliance and ServeSafe. She is a member of the Illinois Academy of Nutrition and Dietetics, Professional Women's Club of Chicago, and The National Association of Women Business Owners. Kristen serves on the Executive Board of Directors at the Lincoln Park Chamber of Commerce and is Vice-Chair of Membership & Engagement.

Kristen lives in Bucktown, Chicago with her husband, Sean and spends her free-time exploring the Chicago food scene, sprint triathlons, doing yoga, and riding on her scooter.

Visit [www.KristenJohnsonBrogan.com](http://www.KristenJohnsonBrogan.com) to learn more.