



Keynote Speaker
Registered Dietitian
Superfood Chef
Author
Yoga Instructor
Certified Personal Trainer
Mindful Living Expert
Chief Mindful Living Officer at
On Target Living

Mindful
EATING
Mindful
MOVING
Mindful
RESTING



Expanding human capacity through mindful living

Kristen Brogan Introduction

Kristen Brogan is a Professional Keynote Speaker, Registered Dietitian, Yoga Instructor, Superfood Chef, Author of the best-seller cookbook, *Target To Table: Healthy & Delicious Meals One Superfood At A Time* and The Chief Mindful Living Officer at On Target Living, a health and performance company helping people discover the power of feeling their best.

Kristen energizes and motivates her audiences to live healthy without making sacrifices. Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles. Her approach is centered on teaching a lifestyle that blends mindful eating, mindful moving, and mindful resting to build your whole self.

Kristen's dream is to one day have her own cooking show on Food Network.

Please help me welcome Kristen to the stage.