



kristen
BROGAN

BIO



Kristen Brogan is a Best-Selling Author, Professional Speaker, Yoga Instructor, Superfood Chef, and The Registered Dietitian at On Target Living.

Kristen is uniquely positioned to help organizations, leaders, teams, and individuals develop positive habits despite high stress and 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, energy, work/life balance, healthy habits, nutrition, wellness or anyone that wants to feel more joy 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 Serve Safe. 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.