



**MINDFUL EATING
MINDFUL MOVING
MINDFUL RESTING**



INTRODUCTION

Kristen Brogan is an International Keynote Speaker, Best-Selling Author, Super food Chef, Yoga Instructor, and The Registered Dietitian at On Target Living, a health and performance company helping people discover the power of feeling their best. Kristen works with organizations all over the world to help make health a business strategy.

Kristen's message is centered on expanding human capacity through mindful living. Kristen energizes and motivates her audiences to live healthy without making sacrifices and teaches 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 The Food Network called Mindfully Delicious.

Please help me welcome Kristen.