

NE Award Winner

2012 OUTSTANDING NUTRITION ENTREPRENEUR AWARD WINNER

Janet Bond Brill, PhD, RD, LDN, CSSD



Nationally recognized nutrition, health and fitness expert and published author Dr. Janet Brill is the director of nutrition for Fitness Together, the world's largest organization of personal trainers. Dr. Janet specializes in cardiovascular disease prevention and has authored two books on the topic; the most recent is *Prevent a Second Heart Attack* (Three Rivers Press, Feb 2011.) *Prevent a Second Heart Attack* follows the bestselling book, *Cholesterol Down* (Crown, 2006). Her third book, a sequel to *Cholesterol DOWN*, titled *Blood Pressure DOWN* (Three Rivers Press) will be available wherever books are sold May 1, 2013.

Dr. Janet is dedicated to her field and to the broader goal of educating the public on heart health. She was a member of the 2011 Go Red for Women Executive Leadership Team in Philadelphia and is a longtime member of the Circle of Red and Cor Vitae. She volunteers much of her time, expertise and funds in support of the American Heart Association.

- Janet holds a Master of Science degree in nutrition and dietetics from Florida International University as well as her doctoral degree in exercise physiology (dissertation in the area of diet and exercise in the treatment of overweight and obesity) from the University of Miami. (She graduated both universities with academic honors.) She has taught both graduate and undergraduate courses in nutrition, health and fitness as an adjunct professor at both universities.
- She is a frequent guest expert on local and national television, appearing most often as the nutrition expert for *The Balancing Act* (Lifetime).
- A prolific writer with contributions to numerous scientific journals and lay publications nationwide.
- Professional speaker.
- Blogger for numerous web sites including Humana Health.
- Spokesperson for numerous companies such as Quaker, Vitalicious, Mars Marathon Bars and most recently, Hojiblanca extra virgin olive oil.
- On a personal note, she has completed four marathons and countless road races, many for charitable organizations. A dedicated mother of three fantastic children and a devoted wife of 28 years, Dr. Janet and her family reside in Valley Forge Pennsylvania.