

JANET BOND BRILL, Ph.D, R.D., CSSD



Nutrition, Health and Fitness Expert • Speaker • Author

- Nationally recognized diet, nutrition and fitness expert
- Nutritionist (registered dietitian), Health consultant, Exercise Physiologist (certified personal trainer), Wellness coach, Certified Specialist in Sports Dietetics
- Certified by the Academy of Nutrition and Dietetics, American College of Sports Medicine, National Strength and Conditioning Association, and Wellcoaches, Inc.
- Author of the bestselling book, *Cholesterol DOWN: 10 simple steps to lower your cholesterol in 4 weeks—without prescription drugs* (Crown/Three Rivers, 2006); *The Android App: Cholesterol DOWN*; *Prevent a Second Heart Attack: 8 foods, 8 weeks to reverse heart disease* (Crown/Three Rivers, 2011) and *Blood Pressure Down* (Crown/Three Rivers, 2013).
- PhD, University of Miami- Exercise Physiology (diet/exercise in treating obesity)
- MS. Ed., University of Miami-Exercise Physiology
- M.S., Florida International University –Nutrition
- BS, University of Miami - Biology
- Practitioner specializing in health, wellness, weight control and cardiovascular disease prevention since 1993
- Former Director of Nutrition for Fitness Together Holdings, Inc – the world’s largest organization of personal trainers and author of *Nutrition Together* – a healthy eating and weight loss program available at all Fitness Together personal training studios worldwide
- Health & fitness television show consultant, nutrition expert for nationally televised shows, *The Balancing Act* (Lifetime), the *Dr. Oz* show
- Corporate wellness consultant
- Media spokesperson
- American Heart Association *Go Red for Women* spokesperson
- Lecturer/adjunct college professor
- Published in noted scientific journals including the *International Journal of Sport Nutrition*, the *International Journal of Obesity*, the *American Journal of Lifestyle Medicine* and the *ACSM Health & Fitness Journal*
- Published and/or quoted in numerous leading lay publications including *Shape*, *Prevention*, *Men’s Health*, *First for Women*, *Woman’s World*, *Today’s Diet and Nutrition*, *Health* and many more
- Charity marathon and half-marathon runner

Dr. Janet believes whole-heartedly in the role both good nutrition and exercise play in the prevention of chronic disease and achieving optimal health. She teaches the importance of a healthy lifestyle and has helped thousands of people across the nation improve their health and well-being.

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