

A portrait of Dr. Brooke Bussard, a woman with blonde hair, wearing a dark blazer over a white shirt. She is standing outdoors with a body of water and trees in the background.

# Dr. Brooke Bussard

Lifestyle Medicine Health Coach and Media Consultant

As seen in...

**REAL SIMPLE**

**Parade**

**VegNews**

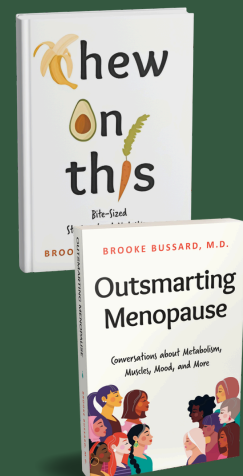
*Woman's World*

**Eat This, Not That!**

## MEET BROOKE BUSSARD, M.D.

Swapping her white coat for workout gear and an apron, Dr. Brooke Bussard blends her medical training with decades of experience as a health coach, personal trainer, and plant-based nutritionist.

Author of [Chew On This](#) and [Outsmarting Menopause](#), Brooke helps people thrive through midlife and beyond with evidence-based fitness and nutrition strategies.



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## SERVICES

Quotes and Tips in Press Releases

Broadcast, Print, and Web Interviews

Social Media Engagement

Satellite Media Tours

Video and Facebook Live Cooking and Exercise Demos

Blog Posts, Workout Routines, and Exercise Demonstrations

Consulting for Fitness and Plant-Based Nutrition

Much More!



Dr. Brooke Bussard specializes in women's health, helping busy women find practical, sustainable solutions for fitness and nutrition. She focuses on body composition to lower the risk of chronic conditions like diabetes, heart disease, and osteoporosis, using strength, interval, and jump training alongside plant-based nutrition.

A trusted voice in women's wellness, Brooke collaborates with media outlets, podcasts, and events to share evidence-based strategies. Her expertise in behavior change and the power of compounding habits helps women see how small, consistent actions lead to lasting results.

## THE NUMBERS

Demographic  
Audience



Media Interview  
Audience



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