

About “Dr. Ro”

Dr. Rovenia Brock is America’s most renowned African American nutritionist and author of the national best seller, *Dr. Ro’s Ten Secrets To Livin’ Healthy*. The book provides a comprehensive common-sense approach to forming the healthy lifestyle habits that she has come to live by. Within the pages of *Ten Secrets*, Dr. Ro introduces her own diet and exercise plan that promises to improve the lifestyle quality of her readers and add years to their lives.



Dr. Ro is most widely known as a medical correspondent for BET News and host of BET’s “*Heart and Soul*”, the first national health and fitness television show geared towards African American women. She has also served as Nutrition Contributor for ‘ABC News’ “*Lifetime Live*,” and was Contributing Nutrition Editor for *Heart & Soul* magazine, where she provided viewers with her expert reports from the world of nutrition. Dr. Ro will soon bring her expertise back to print as featured nutrition columnist for the June 2005 re-launch of *Heart & Soul* magazine.

Prior to hosting “*Heart & Soul*,” the award winning journalist and nutrition professor, also hosted and produced an award-winning consumer affairs television program on PBS, which also ran as a daily radio show on National Public Radio called, “*At Your Service with Dr. Rovenia Brock*.” Dr. Ro has also served as weekly nutritionist on NBC’s “*Morning Show*” in Washington DC, and was a familiar face on MSNBC, CNN, the nationally syndicated “*Queen Latifah Show*”, and on “*BET Tonight with Tavis Smiley*.” She currently hosts *Health Matters*, a weekly health and lifestyle series aired on Howard University PBS Station, WHUT.

Her quintessential nutrition and health expertise has featured in the Los Angeles Times, Web MD and various publications, including *O Magazine*, *Ebony*, *Essence*, *Self*, *Upscale*, *Rolling Out*, *USA Today*, *New York Daily News* and others. Dr. Ro is also a well-known motivational speaker, traveling around the country sharing her message at health conventions, women’s empowerment seminars, corporate conferences, and entertainment industry functions.

In honor of her nutritional expertise and commitment to healthy living, Dr. Ro was the recipient of the 2004 Dorothy Height SHERO award, and received the prestigious Ph.D. Alumni of the Year Award from Howard University in 2002. She has also received the March of Dimes Award for Health Reporting; the Exceptional Service Award from the American Cancer Society and the American Heart Association; the Constructive Journalism Award from Swing Phi Swing Social Fellowship, Inc.; the Frances L. Murphy Communications Award from Delta Sigma Theta Sorority, Inc.; and the WIC Golden Apple Award for reports on the importance of breast feeding.

The Washington D.C. native holds a Ph.D. in Nutritional Sciences with an M.S. degree in Community Nutrition and Broadcast Journalism from Howard University and a B. S. degree in Foods and Nutrition from Virginia State University. Her professional memberships include: The American Heart Association, the American Cancer Society, The American Dietetic Association, The Society of Nutrition Education, and the National Association of Black Journalists.