



Dr. Brenda Buffington is a mother of two sons, Luke & John, both former track athletes for Olentangy Liberty High School, and she has been a track & cross country coach and/or a competitor her entire career. After completing her doctoral degree in Higher Education; Leadership and Instruction, she accepted a position at the United States Air Force Academy in Colorado Springs, CO as the Assistant Director of the Human Performance Laboratory. She conducted cutting edge research with the female cadet athletes there.

Dr. Buffington is in her fifth year as an assistant professor and the Co-Director of the Bachelor of Science degree program; Health & Wellness Innovation in Healthcare in the College of Nursing at The Ohio State University. Brenda is a Certified Exercise Physiologist and a National Board Certified Health and Wellness Coach. Dr. B. is passionate about health & wellness education and coaching, and helping everyone understand and implement work-life balance strategies and to live fully engaged lives in all dimensions of wellness.