

MICHAEL ANDERSON

Sports Ayurveda Specialist

- San Francisco, CA
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Proficient Ayurveda Practitioner with a specialization in sports medicine, offering over 6 years of experience in enhancing athletic performance and recovery through Ayurvedic principles. Known for a holistic approach that integrates physical training with dietary and lifestyle modifications tailored to the athlete's needs. Expertise in injury prevention and rehabilitation, utilizing Ayurvedic therapies to promote swift recovery and optimal performance.

WORK EXPERIENCE

Sports Ayurveda Specialist | Athlete Wellness Institute

Jan 2022 – Present

- Created individualized wellness plans for athletes based on Ayurvedic principles.
- Conducted assessments to evaluate physical health and performance metrics.
- Utilized Ayurvedic therapies for injury prevention and recovery.
- Educated athletes on nutrition and lifestyle choices to enhance performance.
- Collaborated with coaches to integrate Ayurveda into training regimens.
- Monitored athlete progress and adjusted plans to optimize outcomes.

Ayurveda Consultant | Peak Performance Gym

Jul 2019 – Dec 2021

- Provided consultations for athletes focusing on Ayurvedic nutrition and recovery.
- Conducted workshops on the benefits of Ayurveda in sports.
- Developed educational resources for athletes and trainers.
- Engaged in community outreach to promote holistic health in athletics.
- Collaborated with fitness professionals to enhance training programs.
- Evaluated the effectiveness of wellness programs through athlete feedback.

SKILLS

Sports medicine

Athletic performance

Injury prevention

Nutritional counseling

Holistic training

Community outreach

EDUCATION

Bachelor of Ayurvedic Medicine and Surgery (BAMS)

2015 – 2019

University

ACHIEVEMENTS

- Increased athlete recovery rates by 30% through tailored Ayurvedic interventions.
- Successfully launched a holistic wellness program benefiting over 100 athletes.
- Recognized by local sports associations for contributions to athlete health.

LANGUAGES

English

Spanish

French