

# MICHAEL ANDERSON

Corporate Wellness Nutrition Technologist

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I am a Clinical Nutrition Technologist with over 3 years of experience specializing in corporate wellness programs. My background includes designing and implementing nutrition initiatives that promote healthier lifestyles among employees. I have a passion for helping organizations create supportive environments that encourage healthy eating and physical activity. My experience includes conducting nutritional assessments, providing group workshops, and developing educational materials tailored to specific workplace needs.

## WORK EXPERIENCE

### Corporate Wellness Nutrition Technologist | HealthFirst Corporation

Jan 2022 – Present

- Designed and implemented nutrition wellness programs for over 500 employees.
- Conducted nutritional assessments and developed personalized meal plans for staff.
- Organized workshops and seminars focused on healthy eating and lifestyle changes.
- Monitored program participation and evaluated health metrics to track outcomes.
- Developed educational materials that increased employee engagement by 40%.
- Collaborated with HR to promote wellness initiatives and resources.

### Nutrition Intern | Healthy Workplace Initiative

Jul 2019 – Dec 2021

- Assisted in the development of nutrition programs for corporate clients.
- Conducted surveys to assess employee dietary habits and preferences.
- Provided support in organizing health fairs and wellness events.
- Developed materials for employee education on nutrition and wellness.
- Participated in team meetings to discuss program improvements and feedback.
- Engaged with employees to gather insights and improve program offerings.

## SKILLS

Corporate Wellness

Nutritional Assessment

Program Development

Employee Engagement

Data Analysis

Health Promotion

## EDUCATION

### Bachelor of Science in Nutrition Management

2015 – 2019

University of Business and Health

## ACHIEVEMENTS

- Increased employee engagement in wellness programs by 50% in one year.
- Developed a comprehensive nutrition resource library for employees.
- Received 'Employee Wellness Champion' award for outstanding contributions.

## LANGUAGES

English

Spanish

French