



Michael ANDERSON

WELLNESS NUTRITION ADVISOR

Accomplished Employee Wellness Nutritionist with a strong focus on corporate health initiatives and employee engagement. Expertise in developing and implementing nutrition programs tailored to meet the unique needs of diverse workforces. Proven ability to drive positive health outcomes through strategic planning and effective communication. Experience includes conducting comprehensive assessments, delivering impactful training sessions, and collaborating with cross-functional teams to promote a culture of health.

CONTACT

- 📞 (555) 234-5678
- ✉️ michael.anderson@email.com
- 🌐 www.michaelanderson.com
- 📍 San Francisco, CA

SKILLS

- Corporate Wellness
- Nutrition Programs
- Employee Training
- Health Assessments
- Data Analysis
- Communication Skills

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,
UNIVERSITY OF ILLINOIS, 2014**

ACHIEVEMENTS

- Increased employee engagement in wellness programs by 35%.
- Recognized for excellence in program design by the Corporate Health Institute.
- Achieved a 15% reduction in healthcare claims among participating employees.

WORK EXPERIENCE

WELLNESS NUTRITION ADVISOR

Nutritional Health Corp.

2020 - 2025

- Implemented nutrition workshops that educated 700+ employees on healthy eating.
- Conducted dietary assessments and developed personalized nutrition plans.
- Collaborated with fitness coordinators to integrate nutrition into wellness challenges.
- Analyzed program data to assess effectiveness and make recommendations.
- Engaged employees through regular health webinars and newsletters.
- Provided ongoing support and resources to foster long-term health improvements.

CORPORATE WELLNESS NUTRITIONIST

Health Solutions Group

2015 - 2020

- Designed and delivered nutrition education programs for corporate clients.
- Facilitated health fairs that promoted nutrition and wellness resources.
- Conducted group workshops that improved employee knowledge of dietary choices.
- Developed a nutrition resource library for employee access.
- Collaborated with HR to align wellness programs with employee benefits.
- Evaluated program impact through employee feedback and health metrics.