



MICHAEL ANDERSON

NUTRITION SPECIALIST

PROFILE

Accomplished Fitness Nutrition Advisor with a robust background in nutritional science and a passion for guiding individuals towards healthier lifestyles. Expertise lies in creating customized nutrition strategies that align with individual health goals, preferences, and lifestyles. Demonstrated success in utilizing analytical approaches to assess dietary habits and recommend actionable changes. Skilled in providing motivational support and education to empower clients in their health journeys.

EXPERIENCE

NUTRITION SPECIALIST

Wellness Innovations Group

2016 - Present

- Developed and implemented comprehensive nutrition programs for diverse populations.
- Conducted one-on-one consultations to assess dietary needs and preferences.
- Utilized behavior change techniques to enhance client motivation and adherence.
- Collaborated with fitness trainers to integrate nutrition into fitness programs.
- Monitored client progress and adjusted nutrition plans as necessary.
- Organized community workshops to educate on nutrition and wellness.

DIETARY ASSISTANT

Healthy Living Clinic

2014 - 2016

- Assisted in the development of individualized meal plans for patients.
- Conducted nutritional assessments to identify patient needs.
- Educated patients on healthy eating habits and food choices.
- Supported dietitians in meal preparation and nutritional analysis.
- Tracked patient outcomes and provided feedback for program improvement.
- Participated in interdisciplinary team meetings to discuss patient care.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Client Engagement
- Dietary Assessment
- Program Implementation
- Motivational Interviewing
- Community Outreach
- Team Collaboration

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN NUTRITIONAL SCIENCES, COLLEGE OF HEALTH, 2018

ACHIEVEMENTS

- Boosted client health outcomes by 25% through tailored nutrition strategies.
- Recognized for excellence in client service with a regional award in 2021.
- Led a successful nutrition awareness campaign that increased community participation by 50%.