



Michael ANDERSON

NUTRITION CONSULTANT

Experienced general health consultant with a strong focus on nutrition and wellness. Over 9 years in the health industry, providing guidance to individuals and organizations on effective nutrition strategies. Expertise in creating tailored meal plans and wellness programs that promote healthy lifestyles. Adept at working with diverse populations to address unique dietary needs and preferences.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Nutrition Consulting
- Meal Planning
- Client Coaching
- Health Education
- Program Development
- Community Engagement

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,
UNIVERSITY OF FLORIDA, 2011**

ACHIEVEMENTS

- Recognized for excellence in client outcomes with a Client Impact Award.
- Increased client retention rates by 40% through personalized follow-up strategies.
- Successfully launched a community nutrition program that served over 500 families.

WORK EXPERIENCE

NUTRITION CONSULTANT

Healthy Living Solutions

2020 - 2025

- Developed customized nutrition plans for over 200 clients, improving overall health metrics.
- Conducted nutritional workshops that educated participants on healthy eating habits.
- Collaborated with healthcare providers to integrate nutrition into patient care plans.
- Utilized technology to track client progress and modify plans as needed.
- Reviewed and analyzed dietary assessments to enhance program effectiveness.
- Promoted community health initiatives that increased awareness of nutrition's role in wellness.

HEALTH COACH

Wellness for All

2015 - 2020

- Provided one-on-one coaching to individuals seeking to improve their nutrition and fitness.
- Developed group programs that fostered community support for healthy living.
- Tracked client progress to ensure adherence to nutritional goals.
- Conducted initial assessments to identify barriers to healthy eating.
- Created engaging content for newsletters to promote healthy lifestyle choices.
- Partnered with local businesses to provide wellness workshops and events.