



Michael ANDERSON

INTEGRATIVE NUTRITION COACH

Innovative Holistic Health Practitioner with 7 years of experience in integrative nutrition and wellness coaching. I specialize in helping clients develop sustainable lifestyle changes that promote overall health and well-being. My philosophy centers on the belief that food is medicine, and I work closely with clients to create personalized nutrition plans that address their unique needs and health goals.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Integrative Nutrition
- Behavior Change
- Client Coaching
- Workshop Facilitation
- Community Outreach
- Program Development

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS, UNIVERSITY OF HEALTH SCIENCES, 2015

ACHIEVEMENTS

- Successfully led a nutrition awareness campaign that reached over 1,000 community members.
- Recognized as Employee of the Month for exceptional client service in 2020.
- Published articles in local health magazines on nutrition and wellness.

WORK EXPERIENCE

INTEGRATIVE NUTRITION COACH

Wellness for Life

2020 - 2025

- Developed personalized nutrition plans for over 150 clients, resulting in an average weight loss of 15 pounds.
- Facilitated group workshops on nutrition, reaching over 400 participants annually.
- Conducted one-on-one coaching sessions to guide clients in achieving their health goals.
- Utilized behavior change techniques to enhance client motivation and adherence.
- Created educational materials that increased client engagement by 25%.
- Collaborated with local health organizations to promote nutrition awareness.

FITNESS AND WELLNESS COACH

Active Life Fitness

2015 - 2020

- Designed fitness programs that integrated nutrition and wellness principles, improving client satisfaction by 30%.
- Conducted assessments to determine individual fitness levels and needs.
- Organized wellness challenges that encouraged over 200 participants to adopt healthier habits.
- Provided ongoing support and motivation to clients during their fitness journeys.
- Collaborated with nutritionists to create comprehensive health strategies for clients.
- Participated in community outreach programs to promote fitness and nutrition education.