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## SKILLS

- nutrition coaching
- meal planning
- cooking classes
- client education
- community outreach
- program evaluation

## EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,  
UNIVERSITY OF CULINARY ARTS**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Achieved a 95% client satisfaction rate through personalized nutrition plans.
- Developed a community nutrition program that reached over 500 participants.
- Recognized as 'Outstanding Nutrition Coach' by the National Nutrition Association.

# Michael Anderson

## NUTRITION WELLNESS COACH

Experienced Lifestyle Wellness Coach with a strong emphasis on nutrition and holistic health practices. Extensive history of working with diverse populations to promote sustainable lifestyle changes through evidence-based nutritional guidance. Recognized for developing innovative meal planning strategies that cater to individual health needs and preferences. Proficient in conducting cooking classes and nutrition workshops that foster engagement and practical application of healthy eating principles.

## EXPERIENCE

### NUTRITION WELLNESS COACH

NutriLife Coaching

2016 - Present

- Developed personalized meal plans based on client dietary needs.
- Conducted one-on-one coaching sessions focused on nutrition education.
- Facilitated group cooking classes to promote healthy cooking techniques.
- Utilized nutritional software for tracking client progress.
- Collaborated with local farms to source fresh ingredients for clients.
- Evaluated the effectiveness of nutritional programs through client feedback.

### WELLNESS INSTRUCTOR

Healthy Choices Academy

2014 - 2016

- Designed and delivered workshops on nutrition and wellness.
- Provided resources and materials to support healthy eating habits.
- Conducted assessments to tailor educational content to client needs.
- Promoted community health initiatives through educational outreach.
- Engaged in partnerships with local health organizations.
- Participated in ongoing training to stay current with nutrition trends.