



# Michael ANDERSON

## SPORTS NUTRITION CONSULTANT

Innovative Medical Nutrition Therapist with a focus on sports nutrition and performance enhancement. Over six years of experience working with athletes and active individuals to optimize their dietary intake for improved performance and recovery. Expertise in designing tailored nutrition plans that address the specific needs of athletes across various sports. Strong analytical skills in assessing dietary habits and nutritional status, aimed at maximizing physical performance.

### CONTACT

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

### SKILLS

- Sports Nutrition
- Performance Enhancement
- Dietary Analysis
- Client Education
- Community Outreach
- Meal Planning

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION  
AND EXERCISE SCIENCE, UNIVERSITY  
OF SPORTS HEALTH**

### ACHIEVEMENTS

- Increased client performance metrics by 30% through tailored nutrition plans.
- Recognized for excellence in sports nutrition by the National Sports Dietitians Association.
- Published a guide on nutrition for athletes, distributed nationally.

### WORK EXPERIENCE

#### SPORTS NUTRITION CONSULTANT

Elite Sports Academy

2020 - 2025

- Developed nutrition plans for athletes to optimize performance and recovery.
- Conducted workshops on nutrition strategies for various sports disciplines.
- Collaborated with trainers to design meal plans around training schedules.
- Utilized body composition analysis to tailor dietary recommendations.
- Monitored athletes' dietary adherence and adjusted plans as necessary.
- Engaged in community outreach to promote sports nutrition awareness.

#### CLINICAL DIETITIAN

Fitness Health Center

2015 - 2020

- Provided nutritional guidance to clients aiming for fitness goals.
- Assessed dietary habits and created personalized meal plans.
- Educated clients on the importance of hydration and recovery nutrition.
- Facilitated nutrition workshops and cooking demonstrations.
- Tracked client progress and adjusted nutrition strategies accordingly.
- Participated in fitness events to promote nutrition services.