

MICHAEL ANDERSON

Director of Sports Nutrition

- San Francisco, CA
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Proficient Nutrition and Dietetics Executive with a focus on sports nutrition and performance enhancement, possessing over 13 years of experience in working with athletes and fitness enthusiasts. Expertise in designing personalized nutrition plans that optimize performance, recovery, and overall health. Proven ability to collaborate with coaches, trainers, and sports organizations to implement nutrition strategies tailored to individual needs.

WORK EXPERIENCE

Director of Sports Nutrition | Athlete Performance Center

Jan 2022 – Present

- Developed and implemented nutrition programs for athletes across various sports disciplines.
- Conducted nutritional assessments and created individualized meal plans based on performance goals.
- Collaborated with coaches to align training regimens with nutrition strategies.
- Led workshops on sports nutrition, reaching over 500 athletes annually.
- Monitored athlete progress and adjusted dietary plans to enhance performance outcomes.
- Participated in research studies focusing on nutrition and athletic performance.

Sports Nutrition Consultant | Elite Athletic Group

Jul 2019 – Dec 2021

- Provided individualized nutrition counseling to athletes and fitness enthusiasts.
- Developed educational materials on nutrition for sports performance.
- Conducted cooking demonstrations and meal prep workshops for athletes.
- Utilized data analytics to assess nutrition program effectiveness and athlete satisfaction.
- Collaborated with fitness professionals to enhance overall wellness programs.
- Increased client engagement in nutrition programs by 30% through targeted outreach.

SKILLS

Sports Nutrition

Performance Enhancement

Program Development

Athlete Education

Research

Data Analytics

EDUCATION

Master of Science in Sports Nutrition

2014

University of Texas

ACHIEVEMENTS

- Recipient of the Sports Nutrition Excellence Award for outstanding contributions to athlete health.
- Increased athlete performance metrics by 20% through tailored nutrition interventions.
- Developed a widely-used sports nutrition guide adopted by multiple athletic programs.

LANGUAGES

English

Spanish

French