



MICHAEL ANDERSON

Senior Nutrition Therapist

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SUMMARY

As a dedicated Nutrition Therapist with over 8 years of experience in nutritional counseling and diet planning, I have cultivated a robust understanding of dietary needs across diverse populations. My expertise lies in creating personalized nutrition plans that cater to individual health goals, whether it's weight management, chronic disease prevention, or improving overall wellness.

WORK EXPERIENCE

Senior Nutrition Therapist HealthFirst Clinic

Jan 2023 - Present

- Developed individualized nutrition plans based on client assessments and health metrics.
- Conducted workshops on healthy eating habits for community outreach programs.
- Collaborated with physicians to integrate nutrition therapy into patient care plans.
- Monitored and evaluated patient progress, adjusting plans as necessary.
- Utilized nutritional analysis software to track dietary intakes.
- Presented findings at regional health conferences, sharing insights on effective nutrition strategies.

Nutrition Consultant Wellness Solutions

Jan 2020 - Dec 2022

- Provided one-on-one nutritional counseling to clients in diverse settings.
 - Created educational materials on various dietary approaches and health benefits.
 - Facilitated group sessions focusing on nutrition education and meal planning.
 - Utilized motivational interviewing techniques to enhance client engagement.
 - Conducted detailed dietary assessments and provided actionable feedback.
 - Collaborated with fitness trainers to develop integrated wellness programs.
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EDUCATION

Master's Degree in Nutrition Science, University of California, 2012

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** Nutritional Counseling, Meal Planning, Health Education, Client Assessment, Public Speaking, Research
- **Awards/Activities:** Increased client retention rate by 30% through improved engagement strategies.
- **Awards/Activities:** Successfully implemented a nutrition-focused weight loss program that resulted in an average client weight loss of 15 lbs over three months.
- **Awards/Activities:** Recognized as Employee of the Month for outstanding client feedback and innovative program development.
- **Languages:** English, Spanish, French