



# MICHAEL ANDERSON

## Fitness and Nutrition Coordinator

Dedicated and detail-oriented Senior Wellness Coordinator with extensive experience in fitness and nutrition program management. Expertise lies in crafting comprehensive wellness solutions that enhance physical fitness and nutritional awareness among diverse populations. Proven ability to design engaging programs that promote active lifestyles and healthy eating habits. Strong background in collaborating with fitness professionals and nutritionists to deliver impactful health initiatives.

### CONTACT

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- San Francisco, CA

### EDUCATION

#### Bachelor of Science in Nutrition

University of Health and Fitness  
2016-2020

### SKILLS

- Fitness Management
- Nutrition Counseling
- Program Development
- Community Engagement
- Health Education
- Client Assessment

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Fitness and Nutrition Coordinator

2020-2023

ActiveLife Wellness Center

- Developed and launched a community fitness program that increased participant numbers by 60%.
- Designed nutrition workshops that educated participants on healthy eating habits.
- Collaborated with local gyms to provide discounted membership options for program participants.
- Conducted fitness assessments and personalized training plans for clients.
- Organized monthly health challenges to encourage community involvement.
- Evaluated program outcomes and adjusted offerings based on feedback.

#### Nutrition Coach

2019-2020

Healthy Choices Inc.

- Provided one-on-one nutrition counseling tailored to individual dietary needs.
- Developed educational materials on nutrition and wellness for community distribution.
- Organized cooking classes that promoted healthy meal preparation.
- Facilitated support groups for individuals pursuing weight management goals.
- Monitored clients' progress and adjusted nutrition plans as necessary.
- Collaborated with healthcare providers to enhance client wellness outcomes.

### ACHIEVEMENTS

- Increased participation in nutrition programs by 50% within one year.
- Received recognition for 'Best Community Wellness Program' in 2021.
- Successfully launched a healthy cooking initiative that reached over 300 participants.