



Michael ANDERSON

SPORTS NUTRITION ADVISOR

Proficient Sports Nutrition Scientist with a specialized focus on the dietary needs of athletes in high-intensity sports. Expertise encompasses the formulation of nutrition plans that optimize performance while promoting health and wellness. Adept at conducting workshops and seminars aimed at educating athletes and coaches on the critical role of nutrition in sports.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Athlete assessment
- Nutrition education
- Workshop facilitation
- Performance monitoring
- Collaborative strategies
- Dietary intervention

LANGUAGES

- English
- Spanish
- French

EDUCATION

**M.S. IN NUTRITION AND DIETETICS,
UNIVERSITY OF ILLINOIS**

ACHIEVEMENTS

- Increased athlete satisfaction with nutrition support services by 40%.
- Developed a nutrition guide adopted by multiple sports teams.
- Recognized for excellence in service delivery by the National Sports Association.

WORK EXPERIENCE

SPORTS NUTRITION ADVISOR

High-Performance Sports Academy

2020 - 2025

- Developed nutrition strategies for a range of sports, including track and field and swimming.
- Conducted athlete assessments to create personalized nutrition plans.
- Facilitated nutrition workshops that increased athlete compliance by 25%.
- Collaborated with coaches to align training and nutrition goals.
- Utilized performance data to refine nutrition strategies.
- Provided ongoing support and consultations to athletes during competitions.

NUTRITION SPECIALIST

Competitive Sports Group

2015 - 2020

- Implemented athlete nutrition assessments and dietary monitoring.
- Designed educational materials to promote healthy eating habits.
- Evaluated the impact of nutrition on training outcomes.
- Conducted cooking demonstrations to promote nutritious meal preparation.
- Collaborated with sports therapists to address recovery nutrition.
- Provided feedback on nutrition-related athlete performance metrics.