



MICHAEL ANDERSON

Corporate Wellness Nutritionist

Dynamic Sports Nutritionist with a comprehensive background in corporate wellness programs focused on promoting healthy eating habits among employees. Specializes in developing nutrition initiatives that enhance productivity and well-being in the workplace. Demonstrated success in conducting nutritional assessments and crafting personalized meal plans tailored to diverse employee needs. Expertise in delivering engaging presentations and workshops that foster a culture of health within organizations.

CONTACT

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- San Francisco, CA

EDUCATION

Master of Public Health in Nutrition

University of Wellness Studies
2016-2020

SKILLS

- Corporate Nutrition
- Wellness Program Development
- Employee Engagement
- Nutritional Assessment
- Workshop Facilitation
- Program Evaluation

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Corporate Wellness Nutritionist

2020-2023

Healthy Workplace Solutions

- Designed and implemented corporate wellness nutrition programs for over 500 employees.
- Conducted individual nutritional assessments and provided personalized meal plans.
- Facilitated workshops on nutrition and its impact on workplace performance.
- Created engaging educational materials for employee use.
- Monitored program effectiveness through employee feedback and health metrics.
- Collaborated with HR to integrate wellness initiatives into company culture.

Wellness Program Coordinator

2019-2020

Corporate Wellness Partners

- Coordinated wellness programs focusing on nutrition and physical activity.
- Developed partnerships with local health providers to enhance program offerings.
- Conducted health screenings and nutritional workshops for employees.
- Evaluated program success through employee health outcomes and satisfaction surveys.
- Promoted nutrition awareness through internal communications and events.
- Created a monthly wellness newsletter featuring nutrition tips and resources.

ACHIEVEMENTS

- Increased employee participation in wellness programs by 35% within the first year.
- Recognized for excellence in corporate wellness initiatives by industry peers.
- Successfully published a guide on nutrition for corporate wellness programs.