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SKILLS

- nutritional science
- dietary management
- meal planning
- client education
- health assessments
- community outreach

EDUCATION

**BACHELOR OF SCIENCE IN NUTRITION,
HEALTH UNIVERSITY, 2021**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased client adherence to nutrition plans by 70% through personalized coaching.
- Developed a successful community nutrition program that reached over 500 participants.
- Recognized for excellence in client service by Healthy Choices Nutrition.

Michael Anderson

NUTRITIONAL WELLNESS COACH

Results-driven Wellness Coach with a strong emphasis on nutritional science and dietary management. Expertise in developing customized nutrition plans that cater to individual health needs and preferences. Proficient in conducting nutritional assessments and providing education on healthy eating behaviors. Committed to empowering clients through knowledge and practical strategies to achieve their health goals.

EXPERIENCE

NUTRITIONAL WELLNESS COACH

Healthy Choices Nutrition

2016 - Present

- Assessed client dietary habits and developed personalized nutrition plans.
- Conducted workshops on nutrition and healthy meal planning.
- Provided ongoing support and accountability to clients in their nutritional journey.
- Collaborated with dietitians to ensure comprehensive dietary guidance.
- Monitored client progress and adjusted plans based on feedback.
- Created educational materials to enhance understanding of nutrition.

WELLNESS ADVOCATE

Nutrition for Life

2014 - 2016

- Promoted healthy eating habits through community workshops and events.
- Developed materials on nutrition education for various audiences.
- Conducted cooking demonstrations to illustrate healthy meal preparation.
- Collaborated with local chefs to enhance community engagement.
- Monitored community health metrics to gauge program effectiveness.
- Provided client follow-up to ensure adherence to nutrition plans.