



MICHAEL ANDERSON

WELLNESS NUTRITION SPECIALIST

CONTACT

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-  San Francisco, CA

SKILLS

- integrative nutrition
- lifestyle coaching
- client engagement
- wellness program development
- community outreach
- nutritional tracking

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR'S DEGREE IN DIETETICS,
COLLEGE OF NUTRITIONAL SCIENCES**

ACHIEVEMENTS

- Achieved a 95% client satisfaction rate through personalized coaching.
- Launched a community wellness initiative that served over 500 participants.
- Recognized as 'Top Coach' by FitLife Coaching in 2020.

PROFILE

Acclaimed Wellness Nutrition Coach with a robust background in integrative health and lifestyle coaching. Proficient in devising innovative nutritional strategies that resonate with diverse client needs. Demonstrated history of fostering collaborative relationships with clients to enhance their commitment to healthful living. Expertise in leveraging technology to optimize nutritional tracking and client engagement.

EXPERIENCE

WELLNESS NUTRITION SPECIALIST

Wellness Beyond

2016 - Present

- Developed tailored wellness programs incorporating nutrition and fitness.
- Conducted one-on-one coaching sessions to establish client goals.
- Utilized mobile apps for client tracking and engagement.
- Facilitated community workshops on nutrition and wellness.
- Created educational materials to promote healthy lifestyle choices.
- Collaborated with local businesses to promote wellness initiatives.

NUTRITION ADVISOR

FitLife Coaching

2014 - 2016

- Provided individualized nutrition plans based on client assessments.
- Conducted workshops focusing on meal preparation and planning.
- Monitored client progress and made necessary adjustments to plans.
- Engaged in continuous communication with clients to foster motivation.
- Utilized social media for client education and engagement.
- Coordinated with fitness professionals for integrated health strategies.