

MICHAEL ANDERSON

Nutrition Coach

- San Francisco, CA
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Proficient Wellness Nutrition Coach with a rich background in dietary management and health promotion. Specializes in creating customized nutrition plans aimed at enhancing overall well-being and achieving health-related goals. Demonstrates a thorough understanding of the interplay between nutrition and lifestyle choices. Committed to fostering an environment of support and encouragement for clients seeking to make lasting changes.

WORK EXPERIENCE

Nutrition Coach | Balanced Life Nutrition

Jan 2022 – Present

- Created personalized nutrition plans based on client goals and preferences.
- Conducted assessments to determine individual dietary needs.
- Provided ongoing support and motivation to clients.
- Organized nutrition workshops focused on practical skills.
- Collaborated with health professionals to ensure comprehensive care.
- Utilized feedback to continuously improve service delivery.

Wellness Consultant | Holistic Health Center

Jul 2019 – Dec 2021

- Developed workshops on nutrition and lifestyle management.
- Provided tailored counseling to clients seeking dietary improvements.
- Monitored client progress and adjusted plans accordingly.
- Created engaging content for social media to promote healthy habits.
- Collaborated with fitness trainers for integrated health strategies.
- Utilized technology for efficient client management.

SKILLS

dietary management

health promotion

customized nutrition planning

client motivation

community workshops

technology utilization

EDUCATION

Bachelor's Degree in Nutrition and Health

2015 – 2019

Health and Wellness University

ACHIEVEMENTS

- Increased client retention by 35% through enhanced support systems.
- Presented at local health fairs on nutrition and wellness.
- Recognized for 'Excellence in Client Service' by Balanced Life Nutrition in 2022.

LANGUAGES

English

Spanish

French