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## Weight Loss Counselor Resume

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### Job Objective

Looking for the career as a Weight Loss Counselor that allows me to utilize my knowledge in innovative and best possible ways.

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### Work Experience:

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- Weight Loss Counselor, 2006 to Present
  - City College of San Francisco, San Francisco, CA
  - Planned individualized menus and meal plans to maintain healthy weights.
  - Demonstrated about nutrition, exercise and healthy eating habits.
  - Instructed about eating patterns and food struggles in individual and group counseling.
  - Counseled and motivated students to achieve their health and weight management goals.
  - Demonstrated about Slimgenics program and delivered information in a clear and concise manner.
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### Summary of Qualifications:

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- Proficient at exercise, nutrition and motivational techniques
  - Wide knowledge of exercise physiology
  - Broad experience in email counseling and coaching
  - Sound knowledge in principles of psychology and nutrition
  - Immense ability to evaluate student's dietary habits, fitness level and exercise routine
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### Education:

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B.S. in Nursing, 2004, Rider University  
Weight Management Consultant Certification, 2006, Auburn University

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