
Weight Loss Counselor Resume

Job Objective

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

Work Experience:

- 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:

- 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:

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

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