

[Your Name]

[Your Address] | [City, State, ZIP] | [Your Phone Number] | [Your Email Address] | [LinkedIn Profile (optional)]

Professional Summary

Passionate and dedicated Health and Fitness Professional with extensive experience in nutrition, exercise physiology, and group fitness instruction. Specializing in creating tailored fitness and nutrition programs for individuals and groups of varying age groups and fitness levels. Expertise in providing personalized nutrition counseling and offering support to individuals with metabolic conditions such as diabetes, hypertension, and obesity. Strong educational background with advanced degrees in Nutrition and Exercise Physiology from renowned institutions.

Education

M.S. in Nutrition and Exercise Physiology

Teachers College, Columbia University, New York, NY

January 2018

B.S. in Nutrition and Dietetics

Florida International University, Miami, FL

January 2016

B.Sc. in General Microbiology

Abasaheb Garware College, Pune, Maharashtra

January 2011

Certifications & Skills

- Certified Group Fitness Instructor
 - Nutrition Counseling
 - Exercise Programming & Physiology
 - Weight Training
 - Cardiovascular Fitness & Indoor Cycling
 - Client Assessment & Goal Setting
 - Metabolic Health Management (Diabetes, Hypertension, Obesity)
 - Multicultural Awareness & Adaptability
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Professional Experience

Group Fitness Instructor

Columbia University, New York, NY

January 2018 – Present

- Lead and organized high-energy weight training, cardiovascular, and indoor cycling classes for a diverse group of participants, including various age groups, fitness levels, and cultural backgrounds.
- Designed and implemented personalized fitness programs to help participants achieve their fitness goals in a supportive environment.
- Adapted workout routines to accommodate different fitness levels and ensure a safe and effective training experience for all individuals.

Nutrition Counselor & Group Fitness Instructor

Columbia Dental School, New York, NY

January 2016 – Present

- Provided detailed nutrition counseling for dental patients with metabolic conditions such as diabetes, hypertension, and obesity, with an emphasis on dietary modifications to support dental health and overall well-being.
- Conducted telephonic follow-ups with patients to monitor their progress and adjust nutrition plans as needed.
- Collaborated with dental professionals to integrate nutrition recommendations into patient care plans to improve health outcomes.

Group Fitness Instructor

India

January 2011 – December 2015

- Instructed group fitness classes, including weight training and cardiovascular sessions, for a range of fitness levels.
- Promoted physical fitness awareness and motivated participants to achieve their personal fitness objectives.
- Developed group exercise programs aimed at improving endurance, strength, flexibility, and overall health.

Professional Affiliations

- [Any relevant professional affiliations or memberships, e.g., American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM)]
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Languages

- English (Fluent)
- [Additional languages, if any]

References

Available upon request.
