

## FITNESS ATTENDANT

### Summary

Highly-motivated Nutritionist with a masters degree seeking a career position in the healthcare field. Goal-oriented and high-achieving professional with advanced knowledge and skills in nutrition. Highly effective at evaluating the nutritional needs of both adults and children with various diseases. Self-starter, energetic, enthusiastic and dependable individual with outstanding leadership and management skills. A creative and organized key team player with strong interpersonal and communication skills.

### Highlights

- Genetic nutrition background
- Adult, adolescent and child nutrition
- Use of anthropometric measurements
- Effectively influences others
- Proficient speaker of Arabic and English
- Microsoft Word, Excel, PowerPoint
- Team leadership
- Confident public speaker

### Accomplishments

- Completion of Masters' Thesis, The effect of Curcumin to help reduce the risk and development of Type 2 diabetes on a genetic level
- Granted the Key Player Award of the year on outstanding performance as a fitness attendant
- Training and supervision of new employees
- Elected from VP of finance to President of a graduate club at University of New Haven due to excellence in leadership and management skills
- Our club ESM was granted Trailblazer Graduate Club of the year award
- Assessed and helped almost 5,000 patients with their nutrition and eating habits, resulting in a high percent success and a tangible positive feedback
- Requested personally by pediatricians due to professionalism in nutritional knowledge and communication skills
- Presented nutrition lecture for 300 elementary students at the American School in Jordan.
- Represented nutrition as a career to senior students on Career Day at the American School in Jordan.

### Experience

#### Fitness Attendant

March 2014 to May 2015 Company Name - City , State

- Supervised and guided members in safe exercise and use of machines
- Contributed to the operation of a clean, friendly and well-maintained recreation center
- Encouraged and motivated members to attend group fitness classes
- Contributed in selecting, interviewing and training of new employees
- Work evaluation improved from 3.36/4 to 3.79/4

#### Nutritionist

July 2012 to July 2013 Company Name - City , State

- Assessed almost 5,000 patients' overall physical health with body composition scale measurements and In Body Machine.
- Recommended appropriate feeding schedules and methods to meet nutritional needs in line with patients' age, gender, diagnosis, cultural background and religious practices.
- Encouraged patients and caregivers to follow recommended food guidelines for well-balanced diets.
- Consulted regularly with physicians on patients' weight and recommended specialized laboratory tests to assess and monitor nutritional status
- Counseled more than 800 postpartum patients regarding special dietary needs to enhance recovery and efficient breastfeeding

- Coordinated successful school and other public events to increase health awareness and marketing of nutrition supplements
- Emphasized nutrition supplements' features to pharmacists to increase awareness and sales of product

Trainee in food services and in healthy and therapeutic nutrition

February 2012 to March 2012 Company Name - City , State

- Manage tray line, checking and setting up trays to ensure patient food orders are correct according to their dietary need and disease status
- Utilize sanitation procedures at all times with food interaction and handling
- Work with specialized diets, kidney dialysis patients
- Screen all newly admitted patients for nutrition concerns
- Daily round on patients for nutrition concerns and risks
- Provide special diet menu options for inpatients

#### Education

Master of Science : Human Nutrition , 2015 University of New Haven - City , State , USA

Minor in Nutritional Genomics

Thesis submitted in partial fulfillment of requirements for degree

3.8 GPA

Bachelor of Science : Human Nutrition and Dietetics , 2012 University of Jordan - City , Jordan

3.02 GPA

#### Organizations

President, Engineering Smart Management (ESM)

Jan 2015 - June 2015

- Represented the organization with setting a leadership role model
- Monitor E-board duties and delegated authorities
- Planned, organized and managed clubs events with E-board members
- Active member of the Graduate Student Council
- Establish meetings guidelines and agendas on weekly basis

VP of Finance, Engineering Smart Management (ESM)

Sept 2014 - Jan 2015

- Created annual budget for the academic year
- Processed funds, payments, and all financial paperwork
- Reported all receipts and expenditures on monthly basis

Granted Trailblazer Graduate Club of the year award for outstanding and successful events

Volunteered in Feeding Children Everywhere, packaged 2,150 meals. CT, June 2015

#### Professional development

- Fourth Arab Conference for Nutrition. Jordan, April 2011
- Conference on Updates in Nutritional Management of Diabetics and Elderly. Jordan, November 2011
- Today scientific comprehensive health (natural right of every human being). Jordan, February 2012
- Completed Creating Smarter Lunchrooms an online program by Cornell University. USA, January 2014
- Women's Leadership Conference, University of New Haven. USA, October 2014

#### Certifications

First Aid/ CPR/AED (current)