

MENNA T-ALLAH FAYEZ GHONIMY

PROFESSIONAL SUMMARY

Knowledgeable health and wellness expert who assesses patient dietary needs and makes recommendations. As a nutritionist, have a wide range of responsibilities including: Assess patient health. Take vitals like weight, blood pressure and body mass index (BMI). Create health goals and plans. Develop dietary treatments. Educate patients and families on nutrition. Track and monitor patient outcomes. Always looking for ways to better serve the needs of clients.

WORK HISTORY

Freelancer Nutritionist, 06/2018 to Current

Online - Cairo

As freelance nutritionist, duties are:

- Provide clients with advice on health, wellness, diet, and ways to change their nutrition habits promote healthier lifestyle.
- After meeting with clients to discuss their current lifestyle, exercise regimen, diet, and their knowledge of nutrition, responsibilities are to guide them make better choices, educate them on how to assess their food and exercise regimens, and identify goals related to improving their health and wellness.
- Helped clients set long-term goals, with periodic check-ins to support necessary changes and adjustments.

Nutrition consultant, 10/2019 to 08/2020

BFit - Saudi Arabia

Bfit is a wellness application held in Saudi Arabia.

- Was responsible for nutrition programs for registered clients to help them reach/increase their health goals.

Nutrition Supervisor, 09/2019 to 12/2019

TSS, The Supplement

- Responsible for implementation, management, supervision and support of assigned nutrition programs done by nutrition coordinators
- Conduct regular field trips to company branches for support and supervision
- Manage and oversee assigned nutrition team including recruitment, day-to-day management, development and training
- Ensure accurate and timely reporting of activities for internal and external reports e.g.: Monthly, quarterly and final reports, as requested
- Facilitate regular team meetings with assigned nutrition team, reviewing team and individual objectives, ensuring team members are kept

CONTACT

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Nationality: Egyptian

SKILLS

- Client motivation techniques
 - Extensive dietetics knowledge
 - Diet modification
 - Diabetes management
 - Nutrition needs assessment
 - Nutrition principles
 - Develop meal plans
 - Ability to multitask
 - Leadership skills
 - Effective time management
 - Fast learner
 - Communication skills
 - Advising
 - Consulting
 - Counsel clients
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informed of issues relevant to their work and providing opportunity for feedback

Nutrition Specialist, 07/2019

Your Gym New

Fitness Nutrition Specialist, 06/2017 to 10/2018

Body Temple - Lake House the Club - New Cairo, Cairo Governorate

- Followed up with clients to assess ongoing progress and adjust action plans.
- Calculated macro-nutrients and helped clients understand energy balance.
- Completed scheduled client check-ins to discuss progress and address challenges.
- Conducted nutritional assessments based on patient health history and energy requirements.

Nutritionist, 02/2016 to 05/2016

Slimnastics

- Help to advance understanding of how diet affects health and well being of humans
- Researching how body's functions are affected by nutrient supply
- Studying how diet affects metabolism
- Providing health advice and promoting healthy eating
- Advising about special diets
- Working as part of multi-disciplinary team/supporting work of other health care professionals., Aerobics and ballet centre:
- JOB TITLE:, 3 months competition

Nutritionist, 04/2014 to 12/2015

Gold's Gym Katameya Club

- Description of company: International chain of fitness centres
- Consulted with clients to assess needs and establish action plans.
- Interviewed clients to gather medical history and evaluate energy requirements and restrictions.
- Helped clients set long-term goals, with periodic check-ins to support necessary changes and adjustments.
- Advised clients about nutrition-related behaviour change to support goal achievement.
- Evaluated nutrition programme delivery to assess service quality.
- Managed over 1500 clients.

Trainee

EIPICO CO

Trainee, 01/2011 to 03/2011

VACSERA

- Basically following the production lines from early beginning to the product formation
- Making surveys to know the efficacy of products
- The holding company for biological products & vaccines (VACSERA):

07/2011 to 08/2011

CLINILAB LABORATORY

- Describe the company: Chemical Analysis Laboratory
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EDUCATION

Pre-Masters Student, Human Physiology, 2018

Ain-Shams University - Cairo

Certificate, Nutrition, 12/2021 to 04/2022

Study Course - United Kingdom

Certificate of Higher Education, Nutrition, 01/2014 to 08/2014

International Sports Science Association (ISSA) - United States

ICDL WN XP professional course.

AIN-SHAMS UNIVERSITY

CPR, First Aid Course , Healthcare, 08/2014

AIN-SHAMS UNIVERSITY - Cairo

Practical Serological tests At Central Lab. Ain-Shams University.

Bachelor of Science, Zoology/Chemistry, 2014

Ain-Shams University - Cairo

INTERESTS

Interests and Pastimes:, Reading, Playing Piano, Swimming, Travelling, Drawing.

LANGUAGES

English

Advanced

Arabic

Native
