

MOHAMED YOUSRI RAGAB

NUTRITIONIST

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SUMMARY:

Experienced Nutritionist With 3+ Years in Nutrition Counseling, Meal Planning, and Health Coaching, Demonstrated the Ability to Help Clients (Patients, Professional Athletes, Obese People, and Skinny People) Achieve their Health Objectives through Individualized Diet Programs

EDUCATION:

American University of Science

2022

- Diploma in Clinical Nutrition
- Studied Nutrition for Obesity, Underweight, Therapy for Diabetes, Pregnancy, Children, and Food Allergies | Grade is Excellent

Faculty of Physical Education Helwan University

2021

- Bachelor Degree in Health Sciences
- Studied Anatomy, Physiology, Coaching, Health Education, Nutrition | Grade is 85%

EXPERIENCE:

Skinn Inn Clinic | Nutritionist

08/2023 | Present

- Intensive Nutritional Counseling to Patients
- Provide Nutritional Education and Nutritional Programs, Frequent Follow-ups

Nation Nutrition | Nutrition Lecturer

05/2023 | Present

- Preparing Scientific Content for Each Lecture in all Courses
- Presenting Lectures to Students, Answering all of their Questions
- Preparing Tests for Each Course

(there is an experience certificate)

Vigink Health Club | Nutritionist

05/2023 | 04/2024

- Provide Nutritional Assessments for all Participants
- Develop Nutritional Programs
- Provide Nutritional Education, Frequent Follow-ups

(there is an experience certificate).

Hadayek Elahram Club - Nutritionist

09/2022 | 03/2023

- Nutritionist in Charge of The Club's Football Sector, From Youth to First Team
- Following up with all Players, Collecting and Recording all Data Related to their Health, Nutrition, and Level of Performance Prior to, During, and after Competitions

- Developing Nutritional Programs Tailored to Each Player Individually Based on all Data Collected

(there is an experience certificate).

Engineers Syndicate Club - Nutritionist

06/2021 | 09/2022

- Began as a Training Nutritionist and Special assistant to the Nutritionist in Charge of The Sports Teams
- Eventually Promoted to Nutritionist in Charge of The Club's Tennis Team

(there is an experience certificate).

CERTIFICATES:

- Clinical Nutrition Course | Faculty of Nursing Mansoura University | 2-2023
- Weight Management Course | Emory University | 9-2022
- Certified Wellness Coach | Nasm | 8-2022
- Medical Nutrition Therapy for Obesity | SCOPE | 7-2022
- Certified Nutrition Coach | Nasm | 6-2022
- Certified Fitness Coach | Issa | 6-2022
- Clinical Nutrition Professional Diploma | American Association of Continuing Medical Education | 12-2021

TECHNICAL SKILLS:

Nutrition Counselling | Meal Planning | Performance Nutrition | Nutrition Assessment Clinical Nutrition | Dietetics | Health Promotion | Food Science | Nutrition Lecturer | Proficiency in Microsoft Office Suite | Wellness coach | Strong General Computer Skills

SOFT SKILLS:

Analytical Thinking | Problem solving | Leadership | Time Management | Flexibility and Adaptability | Collaboration and Teamwork | Public Speaking

LICENSES:

- Basic Life Support License | NHCPS | 2022-2024

RECOMMENDATIONS:

- Nutrition Training in Dar El Fouad Hospital | Medix | 11-2023 / 12-2023
- Clinical Nutrition Training Certified | International Accreditation Organization | 11-2023
- Experience Certificate as Dietitian Undergoing Training | El Kasr El Ainy Hospital | 8-2022 / 8-2023

VOLUNTEERING:

- Egypt Youth Union Cairo | Nutrition Education | 5/2023
- Resala Charity Organization | Nutrition Education | 6/2024

LANGUAGES:

Arabic: Native - English: B2 - German : A1