

**Isabella Martinez**

**Nutrition Consultant**

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## **Profile Summary**

A dedicated and experienced Nutrition Consultant with a deep understanding of nutritional science, committed to providing practical and effective dietary advice. Skilled in creating personalized nutrition plans for clients across various age groups and health conditions. Strong focus on promoting long-term wellness through sustainable lifestyle changes and balanced nutrition.

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## **Experience**

### **Nutrition Consultant**

*Wellness & Health Nutrition Solutions*

March 2015 - Present

- Developed customized nutrition plans for clients looking to improve overall health, manage chronic conditions, and achieve fitness goals.
- Provided one-on-one nutritional counseling to help clients make informed food choices and develop healthier eating habits.
- Conducted nutrition workshops and group seminars to educate the public about the importance of balanced diets and lifestyle changes.
- Collaborated with healthcare providers to design comprehensive wellness programs for clients.

### **Junior Nutrition Consultant**

*Healthy Life Clinic*

July 2011 - February 2015

- Assisted in designing nutrition programs for weight management, sports nutrition, and disease prevention.
  - Provided educational materials and advice to clients on healthy eating practices and dietary modifications.
  - Performed nutritional assessments and monitored client progress to adjust dietary plans as needed.
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## **Education**

### **Master of Science in Nutrition (MSc)**

*University of Health Sciences*

Graduated: 2011

## **Bachelor of Science in Dietetics (BSc)**

*City University*

Graduated: 2008

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### **Skills**

- Nutritional Assessment and Counseling
  - Personalized Diet Planning
  - Disease Prevention and Management
  - Weight Management
  - Client Progress Monitoring
  - Public Speaking and Education
  - Health and Wellness Coaching
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### **Certifications**

- Certified Nutritionist (CN)
  - Weight Management Certification
  - Healthy Lifestyle Coaching Certification
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### **Achievements**

- Successfully helped over 100 clients achieve their weight loss goals through customized nutrition plans.
  - Increased client satisfaction and retention by 30% by focusing on sustainable and realistic dietary changes.
  - Led a nutrition seminar that educated 200+ participants on the benefits of plant-based diets for long-term health.
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