

## 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. A 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 i¼ 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 i¼ 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 i¼ 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 i¼ City , State , USA

Minor in Nutritional Genomics

Thesis submitted in partial fulfillment of requirements for degree

Bachelor of Science : Human Nutrition and Dietetics , 2012 University of Jordan i¼ City , Jordan 3.02 GPA  
Organizations

- 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

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

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

- 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

First Aid/ CPR/AED (current)