

Anthony Lorenzo Romero

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PROFESSIONAL SUMMARY

Enthusiastic and goal-oriented Nutritionist-Dietitian, Sports Nutritionist and a Strength & Conditioning Coach with a two years professional experience in the health and wellness industry. Works effectively in an interdisciplinary team setting that provides patient care, rehabilitation and overall wellness being. Exceptional skills in client needs and very ingenious in terms of management and organization approach for individuals to regain and achieve their overall health and wellness, through diet modification and exercise lifestyle. While providing standardized and exceptional patient care programs.

WORK EXPERIENCE

Fitness Performance Coach

Nov 2019 - Present

Focus Athletics Inc. • Muntinlupa City, Philippines

- Identify strengths and weaknesses of athletes or teams
- Plan, develop and implement training and programs
- Nurture and develop athletes' potential skills and abilities
- Analyze and evaluate athletes' or teams' performances and modify training programs.
- Observe and modify prospective athletes' skills and performance, and review their past records
- Performs Performance training procedures following facility guidelines and protocols and commits to excellence in service to clients at all time
- Conducts appropriate client assessment, testing, interpretation and goal settings

Sports Nutritionist-Dietitian

Nov 2019 - Present

Focus Medical Inc. • Muntinlupa City, Philippines

- Evaluate nutritional status of individuals and aid in the prevention and/or treatment of inadequate nutrition
- Plan, evaluate and conduct nutrition education programs and develop educational materials for various clients
- Practice on an individual basis or as a member of an interdisciplinary team to determine nutritional needs of patients and to plan, implement and evaluate normal and therapeutic menus to maintain and enhance general health
- Confer with other health professionals, community groups, government and the media to provide consultation and advice in areas of nutrition interpretation, intervention and policy
- Provides Sports Nutrition management to clients and actively conducts nutrition assessment to clients screen for performance optimization
- Acts as an independent Clinician to any nutrition and dietetics related cases

EDUCATION

The Bachelor of Science in Holistic Nutrition with Culinary Arts is a pioneer first of its kind program launched in the Philippines. It combines the Science of Nutrition and Culinary Arts in a holistic way thus producing culinary-equipped Chefs and Registered Nutritionist-Dietitians. This program provides various aspects of Nutrition in either Clinical settings, Food Service Management and even Nutrition Public Health and Safety making it a well-rounded program that can cater to the demands and discipline in any area of nutrition and dietetics and its applications in culinary setting. This program is reinforced by the science and process of theoretical application and techniques in Culinary Arts that produces equipped and trained individuals to exceptional level of services.

SKILLS

- Excellent verbal and written communication skills
- Adaptability in different avenues of work skills and abilities
- Can work under pressure and provide exceptional delivery of work task
- Computer-literate to support technical software tools
- Problem solving and management service skills
- Ability to maintain relationships and customer service
- Sustain motivation to work in specific and challenging workloads
- Supervise and train staff on job duties and procedures
- Culinary and Cooking Skills
- Food Service Supervision skills and service operations

PROFESSIONAL CREDENTIALS

- Certified Functional Training Fundamentals Coach
- Registered Nutritionist-Dietitian - Professional Regulation Commission, Republic of the Philippines

VOLUNTEER WORK

Nutritionist-Dietitian

Mar 2019 - Jun 2019

Hearty Dishes Manila • Muntinlupa, Philippines

- Provides Nutrition related inquires and dietary modifications to clients who are in need to align their personal wellness and fitness goals
- Acts as a Fitness consultant in regards to fitness status and goal setting
- Consultant for food preparation and meal planning for clients