

Nutrition Specialist

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Company: 17 - EXOS Human Capital, LLC

Location: Poland

Category: life-physical-and-social-science

Job Summary:

Exos is looking to add a Nutrition Specialist to join our team. Only candidates who are currently credentialed as Registered Dietitians will be considered for this role. As a Nutrition Specialist, you will provide personalized one-on-one and group nutrition support through our holistic programs. Your primary responsibility will be to deliver a seamless and integrated nutrition experience between food and human performance.

Below is a summary of the Nutrition Specialist responsibilities:

Implement and present internal and external Nutritional Education Programs consistent with Exos systems and nutrition methodology. Develop and document nutrition plans for each individual, group or program

Provide individual and group Consultation, Nutrition Education, and specific strategies for their implementation

Coordination, Data Collection (Validity/Reliability), Input, Analysis, Records, etc. of all available testing:

- Anthropometrics
- BodyMetrix Ultrasound, Circumferences, Height, Weight, etc.
- Goals
- Adherence
- Behavior change and modification

Understand Exos methodology, instruction, and implementation of hydration, food, and

supplement recommendations

- Maintain and update programming as appropriate
- Create synergistic protocol for Exos systems and programs
- Program Evaluation, Implementation, and Re-Evaluation
- Learn, Design, Deliver, Refine
- Research for improving program

Work closely with the performance coaching, physical therapy staff, and culinary staff to maintain the culture of integration

Create and deliver cross education between culinary and performance teams on Exos' nutrition and culinary principles as well as other nutrition initiatives presenting the science behind the principles established and how coaches can reinforce these principles to employee population

Integrate nutrition into other facets of existing programs

Be self-sufficient, organized and willing to lead and manage the nutrition programming

Maintain accurate records and documentation of client progress and feedback

Attend team meetings as well as nutrition team meetings and regularly scheduled meetings as deemed appropriate with the Director of the space.

The items below are for a Nutrition Specialist working with a culinary team.

Build and maintain rapport and trusted relationship with the culinary team

Collaborate with on-site executive chef to establish standardized recipes and alter existing recipes, as needed, to help meet nutritional criteria set to reflect Exos culinary and nutrition principles

Research foods and ingredients available on the market that support wellness programs and provide information to culinary team to upgrade cafe deliverables and provide education around meals, snacks, beverages, etc.

Coordinate and drive current food initiatives and support culinary team needs as it relates to nutrition and food philosophy delivery

Coordinate with the performance manager to educate employees on initiatives, content, and objectives

Support member engagement through on-site or virtual nutrition education sessions to expand impact

Create personalized nutrition programs to meet members unique needs

Integrate nutrition into other facets of existing programs

Other duties as assigned

Required Qualifications:

Bachelor's or Master's degree in Dietetics

Member of the

Superb presentation/lecture skills

Ability to be self-sufficient, organized, flexible, and willing to travel

Preferred Qualifications:

3+ years experience

Master's degree in Dietetics or Nutrition Hold advanced nutrition certifications

Who We Are:

An industry leader in holistic human performance, Exos has spent almost 30 years preparing a variety of audiences to achieve and exceed their goals. Working with elite athletes on the world's stage, the military, employees of Fortune 100 companies, and members of the community, our coaches, methodology, programming, and technology can be found at over 400 locations around the globe.

Simply put, we are a coaching company that "gets you ready" for the moments that matter — whether that's striving to excel at work, or training for a major athletic event. How do we do it?

Our employer solutions include fitness center management, on-site coaching and classes, and the Exos Fit app, as well as immersive team-building experiences and virtual personal development programming. Our professional athlete training programs propel elite athletes to new heights in the NFL combine and NBA Draft each year, and our practitioner education

courses and workshops provide industry professionals ongoing opportunities for development. While our reach has expanded, our own goal has remained the same: using evidence-based methodology and strategic programming to help people all over the world unlock their full potential and achieve their goals.

We are an equal opportunity employer

EXOS is proud to be an equal opportunity employer. We are committed to creating an inclusive and welcoming workplace for all. We invite applicants from a wide variety of identities, ideas, perspectives and experiences and encourage people from underrepresented backgrounds to apply. Exos offers reasonable accommodations to job applicants with disabilities.

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