

Glen Bahringer

Weight Loss Consultant

Hard-working weight loss consultant with a passion for helping people reach their health goals. Experienced in providing lifestyle and nutrition coaching to clients of all ages, genders, and backgrounds. Recognized by ABC Fitness Center as the top weight-loss coach in five consecutive quarters due to an average 75% success rate among my clients. Committed to developing comprehensive strategies that enable lasting healthy lifestyles across individuals of any size or shape.



Contact

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Employment

Weight Loss Consultant at Employer A

Springfield | January 2018 to Present

- Compiled comprehensive nutrition plans for 100+ clients, tailoring recommendations to individual needs and incorporating realistic goals for sustainable long-term weight loss.
- Streamlined data collection processes by introducing digital tracking tools; enabled the organization to track client progress more effectively and identify areas of improvement in program design.
- Prescribed exercise routines that helped clients lose an average of 10 lbs each month while reducing their body fat percentage by 7%.
- Independently developed a series of workshops on dietary awareness, covering topics such as calorie counting, portion control & smart food choices - attended by over 200 participants in the last year alone.
- Prepared healthful meal plans containing fresh fruits & vegetables with lean proteins; provided nutritional advice and guidance to help individuals understand how different foods affect their bodies positively or negatively.

Weight Loss Consultant at Employer B

New York City | March 2012 to December 2017

- Counseled over 200 clients on effective weight loss strategies, helping them to reach their individual goals by offering personalized nutrition and exercise plans.
- Expedited client progress with weekly check-ins and face-to-face assessments of diet adherence; reduced average BMI scores by 6% over the course of 3 months per participant.
- Actively engaged in nutritional education initiatives within local schools, hospitals and community centers to promote healthier lifestyles among children, adults & seniors alike.
- Reduced client food cravings through guided mindful eating techniques; successfully decreased caloric intake levels for 75+ clients by an average of 500 calories a day without compromising overall satisfaction or enjoyment from meals.
- Motivated individuals to stay committed to their health journeys through positive reinforcement and goal setting; helped 92% of participants maintain their desired bodyweight for at least 1 year following completion of program services.



Education

| Bachelor of Science in Nutrition at Educational Institution XYZ | November 2011



Skills

| Nutrition Counseling | Exercise Program Design | Weight Management
Meal Planning | Motivational Coaching | Health Education

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**United States. Federal Trade
Commission**

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Weight Loss for Men - U.S. Edition Vincent Antonetti, PhD, 2013-12-11 This eBook is packed with all the information you need for real understanding the guidance you need to be successful and easy to use 1200 Calorie 1500 Calorie and 1800 Calorie meal plans you need to lose weight with strong chapters on nutrition and exercise Weight Lose for Men has a new BMI based Height Weight table as well as new tables you can use to predict and monitor your weight Loss for various diet calorie levels to determine body fat percentage your maximum waist size and your optimum waist size for health and much more This is another sensible easy to follow eBook you can trust from NoPaperPress

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DeGroot's Endocrinology, E-Book R. Paul Robertson,2022-09-29 Thoroughly updated to reflect today's recent advances in adult and pediatric endocrinology DeGroot's Endocrinology 8th Edition remains the comprehensive international reference of choice for today's endocrinologists and fellows A full peer review of the previous edition conducted by a largely new group of renowned editors was used to update this trusted two volume resource In depth coverage of both basic and clinical aspects of endocrinology and up to date information on the treatment and management of endocrine disorders are provided by a diverse group of expert contributors from six continents A full color format and helpful algorithms summarize clinical decision making and practical approaches to patient management Organizes content by all the glands that regulate the endocrine system while integrating basic science and clinical presentations of disease Includes new chapters Anatomy and Physiology of the Hypothalamus and Pituitary Differentiated Thyroid Cancer Medullary Thyroid Cancer Drugs that Affect Thyroid Function Genetic Disorders of the Adrenal Cortex Adrenal Pathology Primary Aldosteronism Transgender Healthcare Erectile Dysfunction Prevalence and Causes of Male Infertility Sexual Dysfunction in the Female Glucose Toxicity and Oxidative Stress Emphasizes basic science and evidence based practice throughout Features extensive updates to content on thyroid and adrenal dysfunction endocrine disrupting chemicals and human disease clinical management of diabetes and advances in genetics Includes algorithms to outline effective treatment protocols Contains new emphasis boxes that highlight key points in each chapter Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices *Product Distribution and Marketing* ,2010 The Secret to

Low Carb Success Laura Richard,2004-01-01 This revised edition includes the latest expert advice and diet resources offering cutting edge information on every major low carb diet that's popular today Original **Protecting Consumers from False and Deceptive Advertising of Weight-loss Products** United States. Congress. Senate. Committee on Commerce, Science, and Transportation. Subcommittee on Consumer Protection, Product Safety, and Insurance,2015

The Ladies' Home Journal Edward William Bok,1921 Health and longevity through rational diet Arnold Lorand,1913 *Federal Trade Commission Decisions* United States. Federal Trade Commission,1988 *Do's and Don'ts in Advertising Copy* National Better Business Bureau (U.S.),1987 **Abstracts: US/IBP Ecosystem Analysis Studies** International Biological Programme,1972 Journal of Health, Physical Education, Recreation ,1961 **The Medical World** ,1916 *Journal of the Canadian Dietetic Association* Canadian Dietetic Association,1996 **Science** John

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Journal of Obstetrics and Gynecology ,1927 *Insights in Nutrition and Metabolism* Ellen E. Blaak,2023-06-23

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