

Brittney Gingrich

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OVERVIEW

Aspiring nutritionist, yoga instructor, and personal trainer. A passion to educate and help others live a healthier lifestyle in the simplest form possible. Develop workouts, create meal plans, and provide nutrition consulting services. I am seeking a role that allows me to keep following my passion of educating the community about nutrition and fitness.

EDUCATION and CERTIFICATION

Point Loma Nazarene University -San Diego, CA <i>Bachelor's of Arts: Nutrition and Health</i>	May 2016
Orange Coast College - Costa Mesa, CA Transfer Credit	May 2014
200-Hour Yoga Teacher Training 20-Hour Strength Teacher Training Ra Yoga University	October 2019
Certified Personal Trainer ACE Fitness	October 2019

SKILLS

- Community Outreach
- Food Safe Certified
- Writing
- Website Management-Squarespace
- Punctual
- CPR certified
- Public Speaking
- Positivity
- Recipe Development
- Content Creation

PROFESSIONAL EXPERIENCE

Santa Ana Fire Academy

Wellness Instructor

September 2019- Current

- Educate Firefighters on nutrition and wellness while on and off the job
- Consult Fire crew about their personal nutrition needs
- Guide Firefighters through a stress-relief yoga class
- Teach a 6 week Nutrition course each school semester for the Santa Ana Fire Academy
- Create nutrition and yoga classes specialized for Tactical populations

Ra Yoga

Social Media Assistant

June 2019-November 2020

- Assist marketing team with developing social media strategies
- Utilize social media analytic tools such as Later to plan and strategize marketing posts
- Proficient in social media targeting and communication
- Create stories and posts as well as communicate with the community through direct messages and comments.
- Proficient in Canva

6th Sense Wellness

Yoga Instructor

April 2020-September 2020

- Lead Vinyasa and Strength yoga style classes
- Coach on proper form and alignment
- Display high energy and drive for group classes

Body Evolution

Fitness Instructor

February 2020- August 2020

- Lead a boot camp style fitness class to members
- Coaching clients on form and safety of workouts given
- Display high energy and drive for group classes

OC Nutrition Coaching

Nutrition Assistant

April 2018- December 2018

- Filed client insurance claims
- Communicated with clients through phone calls
- Scheduled personal and nutrition related appointments
- Aided with personal and work related errands

Sidecar Doughnuts and Coffee- Costa Mesa, Ca

Shift Lead/Barista

August 2013-June 2019

Lead the front of house team through a smooth sailing shift by assigning jobs throughout the shop in order to effectively serve customers

- Assist customers with any product needs, questions, and services
- Place and package big orders in an orderly, timely fashion
- Barista training
- Ensured all opening and closing duties were completed
- Create a positive vibe that transitions throughout the staff and customers in the shop

Feeding America-San Diego, Ca

Nutrition Intern

December 2015-June 2016

- Participated in community outreach events where nutrition education was given to the San Diego community
- Created kid friendly and diabetic education recipe cards to be handed out at community outreach events
- Provided interactive nutrition demonstrations at local food distributions
- Designed "Nutrition Nuggets" for senior citizens, pregnant women, and the diabetic community giving them information about their nutrient needs with meal and beverage ideas to help them live a healthier lifestyle

Projects

- Run a nutrition and fitness instagram where I share simple, healthy, and budget friendly meals to my community as well as home-workouts
 - o @relishingnutrition
- Run my own Nutrition & Fitness Website/Blog:
www.relishingnutrition.com
- Teach weekly beach yoga classes to my community
 - o October 2019-Current