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## SUMMARY

Co-Owner of a fitness and nutrition center, private chef, and group fitness instructor. I'm looking to expand my horizons in a modest fun way as an extra, mature fitness model, cooking media, healthy lifestyle, or Christian themed something. I am a Jesus follower so will not do anything against my morals.

## SKILLS

- Fitness Training
- Program Development
- Client Relations
- Telephone Etiquette
- Staff Supervision
- Relationship Building
- Calm and Pleasant Demeanor
- Scheduling Staff
- Coaching and Mentoring
- Safe Food Handling

# Alicia Neal

## EXPERIENCE

December 2015 - Current

**Fitness & Nutrition Lay It Down Fitness & Nutrition Center |**  
Lawrenceville, GA

- Monitored athlete's progress towards nutritional goals, providing guidance and support as needed.
- Designed and delivered educational seminars to promote healthy eating habits among athletes.
- Conducted research on current trends in sports nutrition and developed evidence-based strategies for optimal performance.
- Assisted athletes in understanding the relationship between diet, exercise, and overall health.
- Provided advice to coaches on how to incorporate better dietary practices into their training program.
- Organized cooking demonstrations for athletes, teaching them how to prepare simple yet nutritionally balanced meals.
- Analyzed body composition data collected from regular weigh-ins and offered personalized feedback regarding appropriate changes in diet or activity level.
- Maintained detailed records of all nutritional consultations conducted with athletes over the course of a season.
- Initiated group programs to challenge members to make exercise part of daily routines.
- Implemented clear goals for each employee and tracked his or her progress carefully, providing support and assistance whenever it was needed.

October 2003 - Current

**Personal Chef Self-employed |** Lawrenceville, GA

- Organized grocery shopping trips to purchase ingredients needed to prepare meals.
- Developed creative menus for clients based on their dietary needs and preferences.
- Prepared and cooked meals for large family events such as holiday dinners, birthdays, anniversaries.
- Assisted in the development of recipes using fresh, seasonal ingredients.
- Ensured all food items were stored safely at correct temperatures according to health regulations.
- Created personalized meal plans based on client preferences, specifications, food allergies and dietary restrictions.
- Created recipes, incorporating various techniques, to build flavor and unique visual appeal.

## EDUCATION AND TRAINING

December 2015

Group Fitness Instructor

June 2005

Biblical Health Coach