

## MARCI E. ANDERSON MS, RD, LDN

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### EDUCATION

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September 2000-April 2004

Brigham Young University

BS Nutrition & Dietetics

Provo, UT

August 2004-May 2005

California State University Long Beach

Dietetic Internship/Graduate Program

Long Beach, CA

September 2007-Present (Graduate August 2009)

Northeastern University

MS in Applied Nutrition

Boston, MA

### EXPERIENCE

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April 2009-Present

Laurel Hill Inn Day Treatment Program

Cambridge, MA

#### Nutrition Therapist

- Monitor weights and meal plans of clients
- Teach nutrition group bi-weekly
- Oversee portioning and lunch bi-weekly
- Work collaboratively with other Laurel Hill treatment providers and clients' outpatient dietitian

January 2009-Present

Marci RD Nutrition Consulting

Cambridge, MA

#### Private Practice

- One-on-one counseling (in office, in home, or phone visits) for: weight concerns, eating disorders, emotional/disordered eating, chronic disease prevention, medical nutrition therapy, women's nutrition
- Seminars, workshops, and public speaking

September 2007-Present

Wellbridge Athletic Club

Cambridge, MA

#### Registered Dietitian/Certified Personal Trainer/Group Fitness Instructor

- Provide one on one nutrition counseling for: weight concerns, eating disorders, emotional/disordered eating, chronic disease prevention, medical nutrition therapy, women's nutrition
- Research, develop and teach group nutrition class: weight loss, menu and meal planning, coping skills for emotional and compulsive eating, and basic nutrition skills
- Personal Trainer: muscular strength and endurance training, core and balance training, cardiovascular endurance training, strength and balance training for seniors
- Teach group exercise: indoor cycling, muscle conditioning, rebounding, and step aerobics

September 2005-April 2006

Central Utah Medical Clinic

Provo, UT

#### Nutrition Director

- Program development for Wellness Institute: pricing, assessment, follow up & consultation forms, internal marketing
- Provided nutrition analysis and one-on-one consultation for all Wellness Institute members
- Developed and taught 12 week weight management program
- One-on-one counseling for clinic patients: Type 1 and Type 2 diabetes, hypoglycemia, pre-end stage renal disease, cardiovascular disease, hypertension, oncology and side effects of cancer therapy, celiac disease, Crohn's disease
- Created course material and taught group classes for diabetes self-management program & Nutrition Tips for Cancer Patients

### SPECIAL INTERESTS

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- Member of the American Dietetic Association, Massachusetts Dietetic Association, Multi-Service Eating Disorders Association
- ACSM Certified Personal Trainer (September 2007-Present)
- Certified Spinning® Instructor (September 2007-Present)
- CPR/AED Certified (September 2007-Present)