

# Nutrition Coach

## Job Description

As a Nutrition Coach with Life Time Training, you will assist our members by educating, delivering, and connecting them to our industry leading strategy of the Core 3. The power of Core 3 is our unmatched ability to address all areas of our members' health and fitness needs to achieve optimal results. As a team member of the Life Time Training division, you are able to advance your career in the fitness industry by providing your expertise and gaining experience in the following areas:

### **KNOW IT-** Comprehensive Assessments

Education, testing, and technology to help our members' know how their unique bodies work. (Examples: Lab Testing, Metabolic Assessments, Devices, Activity Monitors, myHealthScore)

### **NOURISH IT-** Personalized Nutrition and Lifestyle

Professional advice, products and strategies to fuel and enrich our members' healthy way of life. (Examples: Nutrition Coaching, Nutritional Products, Supplements, Registered Dietitians)

### **MOVE IT-** Customized Workouts

Activities, events, and programs to keep our members' engaged in healthy and entertaining ways. (Examples: Private Training, Weight Loss, Metabolic Coaching, TEAM Classes, Pilates)

### **Duties & Responsibilities**

- Provides safe, comprehensive, empowering, and professional Nutrition Coaching programs
- Ensures members remain motivated to attain their personal health and fitness goals
- Engages members in Life Time Training services, supplements, and technology
- Maintains clean personal workspace and assists with fitness floor & equipment cleaning
- Attends and participates in Club, PT Department, and individual One-on-One meetings
- Leads nutrition consultations and coaching sessions
- Facilitates seminars & group nutrition / fitness events for members
- Develops and maintains a Nutrition client base
- Promotes and sells Nutrition programs and information sessions to members
- Complies with all company safety rules
- Uses all required safety devices and personal protection equipment
- Reports accidents and injuries to supervisor as soon as possible

## Qualifications

### Education & Experience

- Four year college degree in Nutrition, Dietetics, Kinesiology, Exercise Science or related field preferred
- Outpatient Nutrition counseling experience within the fitness industry preferred
- Product or service sales & marketing background recommended
- Experience setting and striving for personal business productivity quotas
- Personal Training experience preferred
- Group health, fitness, or nutrition event organization / facilitation experience recommended (seminars, weight loss challenges, grocery store tours, etc.)

### Licenses / Certifications/ Registrations

- Certified Personal Trainer within 6 months of hire (Minimum of One Certification):
  - ACE, ACTION, AAPTE, ACSM, CSCCa, Cooper Institute, NASM, NCSF, NCCPT, NESTA, NETA, NFPT, NSCA, PTA Global, LT Academy
- CPR/AED Certification within 6 months of hire
- Nutrition Coaching/Counseling Certification (Minimum of One Certification):
  - Registered Dietician Nutrition (RDN)
  - Precision Nutrition Level 1 Certified
  - Sport Nutritionist (C-ISSN through International Society of Sports Nutrition)
  - Certified Nutrition Specialist (CNS)
  - Other nutrition certifications may be accepted based on individual discussion with hiring managers & Life Time Nutrition Program Managers

### Benefits

All Life Time team members receive:

- Complimentary Life Time membership
- Team member discounts for Life Time products & services

### Additional Full Time Benefits

- Medical, Dental, and Vision Plan
- 401(k) Retirement Plan
- Industry-leading Education and Training
- Flexible Spending Account – Dependent (day) Care Account
- Levels Education Program to promote professional & financial growth

### Compensation

- Competitive Commission Structure
  - 50-60% Total Commission (Sales & Services)

Contact Mark Mackey [mmackey@lifetimfitness.com](mailto:mmackey@lifetimfitness.com)