

TIFFANY KREMPEL

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OBJECTIVE Dedicated nutrition professional pursuing a dietetic internship to strengthen clinical and community nutrition skills while providing compassionate, culturally responsive care to diverse populations.

PROFILE SUMMARY Behavior-focused fitness and nutrition specialist with over 12 years of experience in personal training, nutrition coaching, and lifestyle intervention. Skilled in client assessment, evidence-based nutrition education, and program development across multiple dimensions of wellness. Recognized for building trusting relationships and promoting sustainable health outcomes for individuals and groups.

EDUCATION **BS IN HUMAN NUTRITION & FOODS**
UNIVERSITY OF HOUSTON – HOUSTON, TEXAS | FALL 2026
GPA: 4.0

Post-Baccalaureate Didactic Program in Dietetics (ACEND-accredited). Returning to complete accredited nutrition and clinical coursework to transition from fitness and behavior-change practice into Registered Dietitian clinical care.

BS IN MARINE SCIENCES
TEXAS A&M UNIVERSITY – GALVESTON, TEXAS | MAY 2003
GPA: 3.16

WORK EXPERIENCE **RESIDENT NUTRITION COACH – RISHER AMENITY MANAGEMENT**
CROSS CREEK, TEXAS | 2019 – Present

- Spear-headed an annual 4-week nutrition program reaching 30–50 participants per year (180–250 cumulatively), with 85% achieving measurable improvements in weight management or dietary behaviors.
- Present at least three evidence-based nutrition workshops annually to audiences of 15–40 participants, including residents and regional real-estate partners.

PERSONAL TRAINER – STRENGTH N TRANQUILITY

RICHMOND, TEXAS | 2013 – Present

- Provide individualized training and performance programming to 10–15 active clients weekly, serving 300+ clients over 12 years.
 - Deliver sports nutrition guidance to support recovery, injury prevention, and performance enhancement.
 - Equip clients with sustainable behavior-change strategies, contributing to measurable improvements in strength, endurance, and body composition.
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CERTIFICATIONS

- ServSafe – Food Protection Manager (2030)
 - Exercise Oncology Instructor
 - NASM Behavioral Change Specialist
 - NASM Sports Nutrition Coach
 - NASM Corrective Exercise Specialist
 - Les Mills Group Exercise Instructor
 - Exercise as an Anxiety Intervention
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SKILLS

- Digital nutrition and fitness content creator
- Speaking and presenting to corporate groups
- Program development
- Client relationship building
- Microsoft Office
- Canva