

TIFFANY KREMPEL

FITNESS AND NUTRITION SPECIALIST

SUMMARY

Fitness and Nutrition Specialist with 10+ years of experience in personal training, nutrition coaching, and behavioral change techniques. Skilled in evaluating client's needs across all 8-wellness dimensions which supports their personal growth. Proficient in implementing a personalized strategy that fulfills an individual's health journey while staying updated with current research.

EDUCATION & CERTIFICATIONS

Currently Enrolled
University of Houston
Houston, TX

Bachelor of Science, Nutrition

Graduated May 2003
Texas A&M University
Galveston, TX

Bachelor of Science, Marine Sciences

NASM and AFAA Certifications

Physique and Bodybuilding Coach since 2023

Exercise as an Anxiety Intervention since 2023

Behavioral Change Specialist since 2017

Fitness Nutrition Specialist since 2015

Certified Personal Trainer since 2013

RELEVANT SKILLS

Creating Nutritional Programs ✓

Digital Content Creator for Nutrition & Fitness ✓

Teaching & Presenting ✓

Critical Thinking ✓

Educate & Motivate Clients ✓

Evidence-based Practice ✓

CONTACT

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PROFESSIONAL EXPERIENCE

March 2019 - Current

Resident Nutrition Coach

Risher Management Companies

- Help curate program specific nutritional guidelines for community promoted events; create long and short-term nutritional programs for workshops; and provide specialized personal nutritional plans for residents.
- Present relevant and useful nutritional information to residents and associated Realtor Groups within the regional area.

May 2018-August 2021

YMCA Weight Loss Program Facilitator

Monty Ballard YMCA & Mark A. Chapman YMCA

- Worked with management to develop and implement a successful framework for sustainable weight loss amongst participants.
- Promoted multiple Weight Loss Programs locally and via social media.
- Strengthened the community by providing a program that sought "to enrich the spirits, minds, and bodies of the members" at the Monty Ballard YMCA.

May 2013 - Current

Personal Trainer

National Academy of Sports Medicine

- Collaborated with clients to achieve maximum results towards their personal goals.
- Provide clients with tools and skills to maintain forward momentum and reduce setbacks.
- Created specialized plans for bodybuilders to reach their peak show goals.