

*I am a fitness and nutrition expert with 17 years of career experience. I empower healthy living through evidence-based nutrition methods and behavior change theories. I walk the walk as a **Registered Dietitian Nutritionist, Certified Sports Specialist in Dietetics, Certified Strength and Conditioning Specialist, Certified Personal Trainer, and Yoga Teacher.** I love challenges, interacting with people, and adore public speaking.*

**EXPERIENCE:**

☀ **Director of Health & Fitness**

*The Country Club at DC Ranch*

*Scottsdale, AZ*

*June 2018-Present*

Leader and creator of programming with oversight for the service staff of all fitness and wellness offerings. Oversees million dollar construction of the new performance fitness facility to open April 2019. Implements budgets, develops staffing guides and schedules, hire, train and supervise subordinates and, most importantly, embraces and engages the membership to ensure that the needs, desires and expectations of Club members and guests are consistently exceeded.

☀ **Private Practice- Danielle Fryer Fitness & Nutrition, llc**

*June 2016-June 2018*

*Gadsden, Alabama*

**\*Medical & Sports Nutrition Therapy, Strength Training & Yoga.**

Outpatient Counseling:

- Diabetes Educator
- Sports Nutrition
- Eating Disorders
- Youth Nutrition
- Cholesterol/Triglycerides
- Hypertension
- Cancer
- Bariatric surgery
- Food allergies/intolerances
- Weight loss/gain
- Private Strength Training and yoga therapy

**\*Creator:**

The Mindful Clean Plate© eBook

HIKOGA™ (Nationwide Contractor)

Smart Cart Grocery Store Tours @ Publix (Community Focus)

Fitness & Nutrition Adventure Retreats (Nationwide Contractor)

Doggone Healthy™ (Pet therapy + Kids Nutrition Education)

Editorialist-Health & Wellness

1. The Gadsden Times
2. Anniston/Gadsden Christian Family Magazine
3. Hometown Parent Magazine

### **\*Sports Performance Coaching:**

*Gymnastics Coach, Strength & Conditioning Coach & Sports RD*

*2017-present*

*Zee's Gymnastics; Gadsden, Alabama*

### **Recreational, youth, collegiate and professional athletes**

#### **Since 2012-present**

- Provide nutrition and/or strength & conditioning to individual athletes and athletic teams.
- Team Nutrition Programs: in-practice/game fueling, post training recovery and game day meals.
- Plan, develop, implement, evaluate and manage performance nutrition
- Develop performance nutrition standards
- Innovative oral and written nutrition education
- Evaluate and educate nutritional trends and supplement products
- Act as the primary nutrition resource for the athletic performance coaches, sport coaches.
- Strong communication skills; multiple styles to interact diverse social, cultural, economic and ethnic backgrounds.

#### **Team Athletics Resume:**

- Lehigh Valley Roller Derby Teams 2012-2013
- New Jersey Tri-athlete Association: 2013-2014
- Somerset Valley New Jersey Swim Team: 2013-2014
- Seven Canyons Golf Resort: 2015-present
- Sedona Red Rock High School- All Sports: June 2015-2016
- Gadsden Runners August 2016
- Gadsden GoTrek Cycling Team 2017
- Ace of Gadsden Gymnastics 2017- Present

### **\*Speaker/Seminar Leader**

- Corporate
- Sports Teams
- Resort Retreats

Delivering compelling content to reach new audiences and increase engagement. Spearheaded approach for food and nutrition content that empowers others to eat well and exercise for good health.

- Healthy Eating in the Workforce
- Sports Nutrition
- Body Image
- Weight loss
- Fitness & Yoga
- Mindful Eating
- Releasing Stress
- Sleep; how to get a good night's sleep
- Eating on the go
- Cooking 101
- Compassionate Communication; Non-violent communication

### **\*Speaker experience:**

- Gold's Gym Personal Training Consultants, Alabama
- Gadsden Pilot Club @ Gadsden Regional Hospital, Alabama
- Alacare Home Health Care, Employee Wellness Retreat, Alabama

- Mii amo Spa, Arizona
- Enchantment Resort, Arizona
- Heritage Valley Health System, Pennsylvania
- Nemaquin Woodlands Resort, Pennsylvania
- All-State Insurance, Pennsylvania
- Foster Wheeler International, New Jersey
- Torre Lazur McCann Advertising Agency, New Jersey
- UPS, New Jersey
- Avantor Performance Materials, New Jersey
- United Way of Northeastern New Jersey
- The Tides Inn, Virginia

### ☀️ **Director of Fitness & Wellness**

*Enchantment Resort Mii amo*

*Sedona, Arizona*

*March 2014 – June 2016*

- Managed employees, created systems, protocols, and standards of operations.
- Staff: Nutritionists, Athletic Trainers, Exercise Physiologists, Life Coaches, Yoga Teachers, and other consultants.
- Created classes, workshops, and lecture programming
- Speaker/seminar leader for large corporate events.
- Private seminar retreat leader for professional organizations, athletic teams and celebrities.

### ☀️ **Corporate Director of Fitness & Wellness**

*Foster Wheeler International*

*February 2007-March 2014*

*Clinton, New Jersey*

Provided wellness program for over 500 employees. Increased employee morale while reducing health care cost; documented saving of hundreds of thousands of dollars per year.

- Medical Nutrition Therapy
- Lunch and learns
- Cafe menu review
- Monthly healthy food sampling
- Weekday group fitness classes
- Designed, budgeted, and implemented company fitness facility.

### ☀️ **Visionary--Business Owner**

*Metamorphosis Fitness & Nutrition, LLC*

*October 2004-March 2014*

*Clinton, New Jersey*

Private Practice

Brick and mortar 1500 sq ft fitness studio

- 12 Week Body Metamorphosis Challenge®
- HIKOGA®
- Nutrition therapy
- Fitness & Yoga classes

## ☀️ **Clinical Registered Dietitian**

*Heritage Valley Health System*

*May 2002-2004*

*Pittsburgh, Pennsylvania*

- Medical Nutrition Therapy
- Outpatient counseling
- Diabetes Educator
- Research and development

## ☀️ **Fitness & Wellness Consultant**

*Alexander's Athletic Club*

*May 2001-September 2003*

*Pittsburgh, Pennsylvania*

- Nutrition consultant
- Personal trainer
- Group fitness trainer

## **EDUCATION:**

University of Alabama

Registered Dietitian/Nutritionist; Commission of Dietetic Registration 920959

Alabama Licensed Dietitian (LD)

Board Certified Specialist of Sports Dietetics (CSSD)

Adult Weight Management I and II Professional Certifications

Certified Strength & Conditioning Specialist (CSCS)

International Sports Science Association/Certified Personal Trainer (ISSA-CPT)

Certified Yoga Teacher

CPR certification, current

Collegiate and Professional Sports Dietitian Association member (CSPSDA)

Academy of Nutrition and Dietetics member (AND)

Sports Dietetics USA Association member (SDUSA)

Montclair State University Dietetic Persecutor

## **ACHIEVEMENTS AND AWARDS:**

2018- Author: Evolve Healthy© Summer 2018!

2017- Author: The Mindful Clean Plate© eBook

2015- IDEA World Fitness 'INSPIRATION' award recipient

2013- Hiked 18 miles of the Grand Canyon. South Rim to Colorado River and back in one day.

2012- 2013 Charter Team member of Lehigh Valley Roller Girls. Elected Sponsorship committee head.

National Anthem Singer for Somerset Patriots Baseball Team.

2011 - Lead actor in "Corporate Ambush Workout" for World Health Day. Featured on YouTube by Torre Lazur McCann Advertising Agency

2011 - Stunt roller derby girl in J.C. Penny commercial; Voted MVP for Skyland Roller Girls

2010-2012 - Skyland Roller Girls (roller derby); player and head of team public relations

2009 - 5K Warrior Dash; top ten finish in age division, 150 mile MS Bike Tour

2008- 150 mile MS Bike Tour, 5+competetive cycling events

2007 - 150 mile MS Bike Tour, 5+competetive cycling events

2006 - Skylands Triathlon/Duathlon; second place for women in age division

1999 - 2004 - Fitness America Bodybuilding/Pageants and National Physique Committee fitness competitions:

New Jersey--State Champion 2004; New York--third place 2004

1981 - 1995 - USGF/USA Gymnastics; All-Around State Gymnast 1995; Alabama State Champion Balance Beam 1999

REFERENCES AVAILABLE UPON REQUEST