

# LIMITLYSS WELLNESS

## NUTRITION COACH JOB DESCRIPTION



### COMPANY DESCRIPTION

Limitlyss Wellness was founded in 2020 after recognizing many gaps in health programs being marketed in weight loss companies, gyms, and health clubs. An exercise program and a cookie cutter meal plan does not help clients reach their health goals and sustain their success long term. Limitlyss Wellness takes a more holistic approach to health coaching focusing on mind, body and spirit.

Our mission is to guide people on their fitness journey by balancing their physical, mental, and spiritual health. Our vision is to impact as many people as possible through health coaching, education and discipleship. We believe that once people know better, they are able to do better.

Limitlyss Wellness programming is much more in depth than anything someone would find at a local gym. The program begins by healing clients from the inside out. We believe that to undergo a true physical transformation, individuals first need to look inward and evaluate the obstacles and barriers that are keeping them from being successful.

## **Nutrition Coach Position Summary**

- Part time
- Make your own schedule
- 100% virtual – work from anywhere
- 100% commission based

Nutrition Coaches are responsible for supporting all clients in championing happier, and healthier lives by building and nurturing relationships. They provide a positive client experience that is educational, supporting, and upholds the integrity of the Limitlyss Wellness brand.

## **Job Duties and Responsibilities**

- Performs individual dietary analysis
- Understands balanced meal planning and macro-nutrient breakdown per individual
- Develops safe, professional, and comprehensive client programs that drive client goal achievement and retention
- Works closely with other employees to strategize, promote, and represent the Limitlyss Wellness brand in the most professional manner
- Educates clients on health, wellness issues and trends
- Provides exercise and nutrition recommendations to clients
- Works consistently to bring in clients through word of mouth, advertising, and marketing
- Ensures all clients feel competent, confident, and connected by providing superior customer service through Limitlyss Wellness programming
- Documents all aspects of client programming and assists in weekly client goal setting and strategies
- Remains current on credentials and continuing education to advance

## **Position Requirements**

- 1 to 2 years of experience in nutrition or a related field
- Knowledge of dietetics and how to adapt knowledge to practical use in conjunction with exercise programs
- Knowledge of dietary analysis software

## **Preferred Requirements**

- Degree in nutrition or a related field
- Experience in sales and marketing