

Lauren Mugnaini
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OBJECTIVE

To obtain a position in a sports nutrition and health related environment.

SUMMARY OF SKILLS

- Involved with 2 years of nutrition and fitness experience
- Competed on NCAA Division 1 Track and Cross Country team for 5 years
- Four years of customer service and client relations experience
- 3 years of receptionist and secretarial duties performed

EDUCATION

Bachelor of Arts, Family and Consumer Sciences, Nutrition and Food

California State University, Sacramento, Expected: May 2015

Related Coursework: Sports Nutrition, Community and Public Nutrition, Nutrition through the Lifespan, Nutrition Metabolism, Cultural Nutrition, Accounting, Economics, Business, Communications

Scholarship: Outdoor and Indoor Track and Field/ Cross country Athletic Scholarship
Fall 2010- Spring 2015

NUTRITION AND HEALTH EXPERIENCE

Triathlon Training Intern, Total Body Fitness, Sacramento CA June 2014- January 2015

- Assisted triathlete coaches with running and strength building workouts three times per week to prepare athletes for competitive racing
- Assessed daily food and exercise intake individually for athletes nutritional needs
- Maintained relationships with athletes to motivate and assist them with training goals

California WIC association Intern, Sacramento, CA April 2014-August 2014

- Compiled statistics for the Women's Infant and Children Association
- Gained knowledge of the nutrition hardships for low income families

Child Development Inc., Sacramento CA January 2013- June 2013

- Performed site visits at schools to audit, recommend, and change school menus
- Constructed monthly newsletters and brochures for low income communities
- Facilitated Nutrition education to adolescent aged children

ADDITIONAL EXPERIENCE

Guest Front Desk Services, Rio Del Oro Racquet Club, Sacramento CA May 2013

- Executed receptionist and Secretary duties in a fast paced environment
- Greeted members and handled requests in a professional manner
- Scheduled and organized appointments for numerous clients and employees

Law Clerk, Kershaw, Cutter, and Ratnoff, Sacramento CA April 2013- May 2013

- Operated data entry systems in a professional law office
- Filed court cases and documents using scanning, copying machines, and computer software systems

Customer Service and Marketing, Bella Bru Café, Starbucks, May 2011-April 2013

- Provided excellent customer service and marketing skills daily
- Interacted with customers while multitasking at all times