

Nutrifitness™

Life-Changing Fitness and Nutrition

Rande Scott Bryzelak

Founder and President
Nutrifitness

212.348.5255
rande@nutrifitness-nyc.com

Education

Columbia University, New York, NY

Master of Science, Applied Exercise Physiology and Nutrition

Hunter College, New York, NY

Bachelor of Science *cum laude*, Nutrition

- Nutrition Club, President
- Kappa Omicron Nu Honor Society, President

The American College of Sports Medicine

- Certified Health Fitness Instructor

The American Dietetic Association

- Registered Dietitian

Experience

Dietary Intern – Columbia University

01/2004 – 12/2004

Clinical Nutrition Intern – Kingsbrook Jewish Medical Center

Assisted in screening, assessments and patient education in the following areas of the medical center: Pediatrics, ICU, CCU, Dialysis, Long-Term Care, In-Patient, Out-Patient and Diabetes. Created original education material for out-patient diabetes center.

Food Service Management – Flick Corporation

Assisted with quality assurance, marketing, HACCP (Hazard Analysis and Critical Control Point) and food service management.

HIV Research Clinic Intern – Pacific Oaks Medical Group

Solely responsible for patient education. Established extensive patient education library with entirely self-developed education material.

Exercise Physiology Intern – La Palestra and Altheus Fitness Centers

Created client education material for a wide range of disease/sports specific topics. Worked with clients assessing their needs and developed nutrition and exercise strategies to achieve their goals.

Community Nutrition Intern – Hartley House

Worked independently with a diverse group of clientele, including grade school children ages 6-14 and elderly populations. Developed lesson plans and exercise programs for all age groups. Helped develop promotional materials to advertise a health fair and served as nutrition/exercise representative at the fair doing blood pressure screenings, body fat analysis and Body Mass Index calculations.

Articles and Affiliations**Online: Breakthru Counseling**

“The City – Obesity Connection”

<http://www.breakthrucounseling.com/page672.htm>

Online: Hazon

“Changing Your Food Choices - Changing The World”

http://www.hazon.org/go.php?q=/readingroom/05-extraExtra/20051011-RandeBryzelak_-_ChangingYourFoodChoicesChangingTheWorld.html

HIV Plus Magazine

11/2004

Article published on HIV and exercise: "Keep Moving – Keep Smiling" published.

Hunter College Nutrition Department

Reaccreditation Committee Representative

9/2002 – 12/2002

- Assisted with the American Dietetic Association's reaccreditation of Hunter College's Didactic Program in Dietetics and Dietetic Internship.

The Greater New York Dietetic Association

Legislative Committee Representative

Summer 2003

- Helped prepare New York State Licensure letters for dietitians.

God's Love We Deliver

Nutrition Department Volunteer

7/2002 – 7/2003

- Responsible for food safety procedures in the preparation facility and during deliveries.
- Assisted nutrition staff and chef with menu development.

The Greater New York Dietetic Association (GNYDA)

Student Committee Chair

9/2002 – 6/2004

- Developed, marketed and coordinated events such as *The Dietetic Internship Fair* and *The Dietetic Practice Group Networking Event*.
- Assisted other GNYDA committees such as the Public Relations and Nutrition In Aids Care Special Interest Groups.