

TANMAY SINHA

Weight Loss Consultant

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Jaipur, India
[LinkedIn](#)

A certified weight management specialist with experience in developing and implementing effective weight management strategies. Skilled in conducting thorough client assessments, creating personalised nutrition and exercise plans, and providing ongoing motivation and support to help clients attain their fitness goals.

EMPLOYMENT HISTORY

Weight Loss Consultant

Healthy Life Clinic, Jaipur

Apr 2021 - Present

- Conducting comprehensive assessments to determine each client's unique weight management needs, including their goals, medical history, dietary habits, and lifestyle.
- Developing individualised weight loss plans tailored to each client's specific goals and challenges, including dietary recommendations, exercise routines, and behaviour modification strategies.
- Offering nutritional education and guidance, including meal planning, portion control, and calorie management, to support clients in making healthier dietary choices.
- Providing coaching and support to address emotional and behavioural aspects of weight management, including stress eating, cravings, and self-sabotaging habits.
- Recommending and assisting clients in developing appropriate exercise regimens based on their fitness levels and preferences.
- Continuously monitoring and assessing clients' progress, adjusting weight loss plans as needed to help clients achieve and maintain their goals.

Weight Loss Specialist

Wellness Clinic, Jaipur

Apr 2019 - Mar 2021

- Accommodated nutritional education and guidance, including meal planning, portion control, and calorie management, to support clients in making healthier dietary choices.
- Provided ongoing motivation, encouragement, and accountability to help clients stay committed to their weight loss journey.
- Offered comprehensive weight management education, empowering clients to make informed decisions about their health, understand nutritional labels, and debunk common weight loss myths.
- Encouraged and guided clients in making sustainable lifestyle changes that promote long-term weight management and overall health.
- Conducted group workshops, seminars, and weight loss support sessions for clients seeking a group environment for weight management.

SKILLS

Nutrition Assessment



Dietary Planning



Calorie Management



Exercise Recommendations



Behavioral Modification



Client Assessments



Progress Monitoring



Lifestyle Guidance



Communication



CERTIFICATIONS

Weight Management Specialist
2019

EDUCATION

M.Sc in Food & Nutrition
University of Rajasthan, Jaipur
2019

B.Sc in Biotechnology
Dr. B. Lal Institute of Biotechnology,
Jaipur
2017

LANGUAGES

English ● ● ● ● ●

Hindi ● ● ● ● ●

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Michael Brown



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Journal of the American Dietetic Association ,1927 United States Army Aviation Digest ,1985 DeGroot's Endocrinology, E-Book R. Paul Robertson,2022-09-29 Thoroughly updated to reflect today s recent advances in adult and pediatric endocrinology DeGroot s Endocrinology 8th Edition remains the comprehensive international reference of choice for today s endocrinologists and fellows A full peer review of the previous edition conducted by a largely new group of renowned editors was used to update this trusted two volume resource In depth coverage of both basic and clinical aspects of endocrinology and up to date information on the treatment and management of endocrine disorders are provided by a diverse group of expert contributors from six continents A full color format and helpful algorithms summarize clinical decision making and practical approaches to patient management Organizes content by all the glands that regulate the endocrine system while integrating basic science and clinical presentations of disease Includes new chapters Anatomy and Physiology of the Hypothalamus and Pituitary Differentiated Thyroid Cancer Medullary Thyroid Cancer Drugs that Affect Thyroid Function Genetic Disorders of the Adrenal Cortex Adrenal Pathology Primary Aldosteronism Transgender Healthcare Erectile Dysfunction Prevalence and Causes of Male Infertility Sexual Dysfunction in the Female Glucose Toxicity and Oxidative Stress Emphasizes basic science and evidence based practice throughout Features extensive updates to content on thyroid and adrenal dysfunction endocrine disrupting chemicals and human disease clinical management of diabetes and advances in genetics Includes algorithms to outline effective treatment protocols Contains new emphasis boxes that highlight key points in each chapter Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices **American Journal of Obstetrics and Gynecology** ,1927

Mayo Clinic Cardiology 5th Edition Joseph G. Murphy,Nandan S. Anavekar,Barry A. Boilson,Margaret A. Lloyd,Rekha Mankad,Raymond C. Shields,2024 This textbook is designed for physicians in training be they budding cardiologists internists or related disciplines It caters particularly to those preparing for qualifying boards and examinations who want a manageable amount of high value information about the heart in an easily digestible format The McDougall Plan for Super Health and Life-long Weight Loss John A. McDougall,Mary Ann McDougall,1983 Protecting Consumers from False and Deceptive Advertising of Weight-loss Products United States. Congress. Senate. Committee on Commerce, Science, and Transportation. Subcommittee on Consumer Protection, Product Safety, and Insurance,2015 **Update in Endocrinology, An Issue of Medical Clinics of North America, E-Book** Silvio Inzucchi,Elizabeth H. Holt,2021-10-27 In this issue of Medical Clinics guest editors Silvio Inzucchi and Elizabeth Holt bring their considerable expertise to the topic of Endocrinology Provides in depth clinical reviews in Endocrinology providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews *Health and Longevity*

Through Rational Diet Arnold Lorand,1913 **Practical Home Economics** ,1929 The Sept issue contains the annual Teaching aids section The Journal of the American Osteopathic Association ,1917 *Diet Related to Killer Diseases* United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1977 *The Oxford index of therapeutics* Victor Edgar Sorapure,1921 **Braunwald's Heart Disease E-Book** Douglas P. Zipes,2018-01-09 Trusted by generations of cardiologists for the latest most reliable guidance in the field Braunwald s Heart Disease 11th Edition remains your 1 source of information on rapidly changing clinical science clinical and translational research and evidence based medicine This award winning text has been completely updated providing a superior multimedia reference for every aspect of this fast changing field including new material about almost every topic in cardiology A unique update program by Dr Braunwald creates a living textbook by featuring weekly Hot off the Press and periodic Late Breaking Clinical Trials including links to authors presentation slides More than a dozen new chapters cover Chronic Lung Disorders and Cardiovascular Disease Transcatheter Treatment of Congenital Heart Disease Approach to the Patient with Valvular Heart Disease Obesity and Cardiometabolic Disease Environmental Exposures and CVD Approach to the Patient with Cardiac Arrhythmias Cardio oncology Precision Medicine and more New information on clinical cardiovascular genetics MR PET MR device compatibility fibrosis fusion imaging OCT IVUS left atrial appendage exclusion approaches and other topics Many new videos that elucidate coronary peripheral valvular congenital heart diseases and other cardiovascular diseases Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices *The Lancet* ,1922 **Archives of Internal Medicine** ,1920

Municipal Reference Library Notes ,1952 **Municipal Reference Library Notes** Municipal Reference and Research Center (New York, N.Y.),1952 **A New English Dictionary on Historical Principles** ,1897 Applied Nutrition and Diet Therapy Grace Burtis,Judi Davis,Judi Ratliff Davis,Sandra Martin,1988 Abstract This text is intended to show nursing students how to apply sound nutrition principles in assessing planning implementing and evaluating total patient care in order to contribute to the nutritional well being of patients Topics include basic principles of nutrition application of basic nutrition principles dietary treatment of disease ethnic food patterns and breast feeding and infant nutrition Appendices contain food composition tables

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