

Simone Weingarten MS RDN

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EDUCATION

Auburn University – Auburn, Alabama

May 2019

M.S. in Nutrition / Dietetic Internship

Long Island University – C.W. Post, Brookville, NY

B.S. in Nutrition

May 2017

DIETETIC INTERNSHIP EXPERIENCE

June 2018 – April 2019

COMMUNITY EXPERIENCE

Prattville Farmers Market

- Participated in identifying recipes, purchased ingredients, and prepared sample meals for the community to taste

Auburn University Research

- Collaborated on research projects to obtain future research grants for Auburn University

Auburn University Health Promotions and Wellness

- Assessed and recorded patients' nutritional status in the outpatient setting
- Provided nutritional education to patients
- Established and maintained regular blog promoting health and wellness
- Assisted the nutrition team in daily task
- Assisted in meal planning for different populations and for on campus eating

FOODSERVICE EXPERIENCE

Lanier Hospital

- Participated in supervisory duties, tray lines, menu checks, customized menus for long-term patients, recipe production, kitchen and café duties, and inventory

Auburn City Schools K-12

- Participated in kitchen duties, breakfast and lunch preparation for 7th-9th graders
- Performed cost analysis and approved school orders and menu brands for K-12
- Educated 5th and 6th graders about healthy foods
- Assisted in the "Food Play" program
- Participated in U.S. Foods workshop
- Promoted K-12 nutrition through diverse projects

CLINICAL EXPERIENCE

East Alabama Medical Center

- Assessed and documented patients' nutrition status in 314-bed medical center and in skilled nursing unit
- Conducted Nutrition Focused Physical Examination to diagnosis malnutrition
- Provided nutritional education to patients, families, long term psych, cardiac rehab, and SNF patients
- Calculated patients' nutritional needs for PO intake, enteral feedings, and parenteral feedings
- Planned, documented, and implemented nutrition care plans
- Attended and conferred in interdisciplinary patient care plan meetings

Fresenius Kidney Care

- Assessed and documented patients' nutrition status
- Provided nutritional education to patients
- Attended interdisciplinary patient care meetings

SPORTS NUTRITION EXPERIENCE

North Carolina State University

- Shadowed the football team's Director of Sports Nutrition
- Assisted and analyzed body measurements for NCSU football players
- Participated in diet counseling, hydration counseling, education sessions and food tours
- Created infographics and handouts to provide to the athletes and staff
- Assisted NCSU football fueling station, breakfast station and practice sessions
- Established diet analysis, meal plans and hotel menus for NCSU athletes
- Provided and summarized new research to help athletes succeed

EATING DISORDER EXPERIENCE

Breathe Life Healing Centers

- Shadowed the Director of Nutrition
- Assisted the Director of Nutrition in daily tasks, such as auditing nutrition sessions

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- Participated in one-on-one diet counseling, group therapy sessions and multidisciplinary meetings with the clinical team
- Assisted in charting and mentoring lunch for the clients

PROFESSIONAL EXPERIENCE

Auburn Recreation Center, Auburn Alabama

November 2017- May 2019

Personal Trainer

- Perform client assessments, including intake surveys, medical history, and goal setting strategies
- Train clients in cardiac, aerobic, and weight training techniques in safe, reassuring environment
- Track client progress via data collected through weigh-ins, BMI evaluation, and client feedback

Auburn University Fueling Station, Auburn Alabama

August 2017- May 2019

Volunteer

- Assist registered sports dietitians in every day task, including stocking, organizing and promoting the fueling station
- Assisted in fueling the athletes before and after practices

Train For The Game, Bellmore, NY

November 2016 – August 2017

Personal Trainer

- Oversee group fitness cardio and strength classes in a motivating and safe environment
- Train clients in cardiac, aerobic, and weight training techniques in safe, reassuring environment
- Track client progress via data collected through workouts and client feedback

Simone Ashley Fitness, Massapequa, NY

April 2014 – Present

Owner and Head Trainer

- Provide sports conditioning, corrective exercise, and obesity counseling
- Perform client assessments, including intake surveys, medical history, and goal setting strategies
- Customize and prepare written workout and nutrition plans based on client needs and goals
- Train clients in cardiac, aerobic, and weight training techniques in safe, reassuring environment
- Track client progress via data collected through weigh-ins, BMI evaluation, and client feedback
- Manage website, advertising, and promotion for boutique fitness center
- Write and maintain blogs for Simone Ashley Fitness website

CERTIFICATIONS

- Power Plate July 2016
- Blood Flow Restriction July 2016
- ServeSafe Certified April 2015
- American Council on Exercise (ACE) Sports Conditioning Specialist June 2014
- National Academy of Sports Medicine (NASM) Corrective Exercise June 2014
- Aerobics and Fitness Association of America (AFAA) Fighting Obesity June 2014
- National Academy of Sports Medicine (NASM) Personal Trainer January 2014
- Aerobics and Fitness Association of America (AFAA) Personal Trainer November 2013
- National Academy of Sports Medicine (NASM) Weight Loss Specialist November 2013
- American Council on Exercise (ACE) Fitness Nutrition Specialist October 2013
- American Red Cross CPR/AED September 2013

LEADERSHIP AND VOLUNTEERISM

- Cooking Up Energy (September 2016)
- ECA World Fitness Conference (April 2014, 2015, 2017)
- Levittown Elementary School Health Week (October 2016)
- Madeline Basler, RDN, MS, CDN (February 2017)
- Pro Camps WorldWide (July 2016)
- Nutrition Club (September 2016)
- Ronald McDonald House (November 2016)
- Prattville K-2 Healthy Snack (October 2018)

WEBSITE – e-Portfolio

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