

Contact Information

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Areas of Nutritional Expertise

(Over 10 years of industry experience)

- ◆ Individualized diet design
- ◆ Bodyfat reduction
- ◆ Muscle gain
- ◆ Exercise & sports performance
- ◆ Developing habits for optimal health
- ◆ Education for professionals & the public

Educational Background

- ◆ Master of Science in Nutrition, California State University, Northridge, 3.97 GPA
- ◆ Honor Society Inductee, Kappa Omicron Nu & Phi Kappa Phi
- ◆ Bachelor of Science in Dietetics, California State University, Northridge
- ◆ Advanced Personal Training Certification, National Academy of Sports Medicine
- ◆ Standard Personal Training Certification, National Academy of Sports Medicine

Professional Background

10/01/00 to the present – Private Practice Nutritional Counselor, Thousand Oaks, CA:

- ◆ Individual nutritional program design and supervision
- ◆ Continuing education seminars and workshops for Registered Dietitians (ADA/CDR) and Certified Personal Fitness Trainers (ACE, NASM, NSCA)

6/16/98-9/29/00 – Nutrition Consultant to Sports Med, the physical therapy / wellness division of the Sports Club Company, Los Angeles, CA:

- ◆ Individual nutrition education and counseling
- ◆ Individual exercise program design and supervision
- ◆ Directing the Nutrition Module of job training for newly hired fitness trainers at the Sports Club Company Corporate Annex

11/1/96-6/13/98 – Personal Fitness Trainer, Spectrum Club, Canoga Park, CA:

- ◆ Individual exercise program design and supervision
- ◆ Basic nutrition education

6/9/94-10/30/96 – Personal Fitness Trainer, Team BodyFit, Los Angeles, CA:

- ◆ Individual exercise program design and supervision

Personal Philosophy on Nutritional Counseling

- ◆ The key to my clients' success is the right combination of moral and technical support.
- ◆ Every program must harmonize with each individual's unique set of goals and circumstances, because everyone is different. I don't take a cookie-cutter approach.
- ◆ Fad diet trends come and go, but permanent results can only be reached with proper individual care.
- ◆ I consider it an honor & privilege to have a career based on positively impacting people's lives, as well as protecting the public from false nutritional information.



Additional Basis for Expertise

- ◆ 3/24/01-the present: Accredited continuing education provider status by the Commission on Dietetic Registration, American Council on Exercise, National Academy of Sports Medicine, and National Strength & Conditioning Association
- ◆ Fall 2001: Research assistant of Dr. Carol Koprowski (coordinator of the Master's degree program in nutritional science at USC)

Selected Lecture Experience

- ◆ 4/8/06: "Popular Diets & Body Image": 1-hr lecture presented at Moorpark College, Moorpark, CA.
- ◆ 3/29/06: "Popular Diets & Body Image": 1-hr lecture presented to the Health Science Academy at Moorpark Highschool, Moorpark, CA.
- ◆ 2/28/06: "Body Power": 1.5-hour lecture presented to the Health Education Department at University of California, Irvine, CA.
- ◆ 10/15/05: "Nutritional Research Updates", 2-hour continuing education lecture presented to Registered Dietitians at the Los Angeles Dietetic Association's Annual Conference, Culver City, CA.
- ◆ 9/20/05: "Diet & Success", 2-hour motivational lecture presented to Spectrum Club's upper management at the Spectrum Academy, Spectrum Club Regional Support Center, Manhattan Beach, CA.
- ◆ 3/1/05: "Integrating Nutrition and Exercise", 2-hour continuing education lecture presented at the "Body Power" symposium, at University of California, Irvine.
- ◆ 2/5/05: "A Hard Look at America's Favorite Diets" 3-hour continuing education lecture presented to Registered Dietitians of the California Dietetic Association, Coastal Tri-County District.
- ◆ 9/29/04: "A Hard Look at America's Favorite Diets", 3-hour continuing education lecture presented to Registered Dietitians at California State University, Northridge.
- ◆ 6/12/04: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Spectrum Club, Fullerton, CA.
- ◆ 6/6/04: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Spectrum Club, Thousand Oaks, CA.
- ◆ 4/30/04: "A Hard Look at America's Favorite Diets", 1.5-hour continuing education lecture presented to the Annual Spring Conference of the California Dietetic Association, Orange District, at the FDA headquarters, Irvine, CA
- ◆ 12/6/03: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Spectrum Club, Thousand Oaks, CA.
- ◆ 10/11/03: "A Hard Look at America's Favorite Diets & Fat Loss Supplements", 2-hour continuing education seminar presented to the Los Angeles Dietetic Association at California State University, Northridge.
- ◆ 6/14/03: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Radisson Hotel, Sherman Oaks, CA.
- ◆ 6/07/03: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Renaissance Hotel, Agoura Hills, CA.
- ◆ 3/13/03: "A Hard Look at America's Favorite Diets", 2-hour continuing education seminar presented to Registered Dietitians at the Arrowhead Regional Medical Center, Colton, CA.
- ◆ 6/01/02: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education seminar presented to Registered Dietitians at the Woodland Hills Hilton & Towers, Woodland Hills, CA.
- ◆ 3/24/01: "Girth Control: Critical Concepts & Applications for Permanent Fat Loss", 6-hour continuing education seminar presented to Registered Dietitians at the Woodland Hills Hilton & Towers, Woodland Hills, CA.
- ◆ 1/13/00: "Building a Better Body", presented at the North Valley YMCA, Chatsworth, CA.
- ◆ 10/5/99: "Sports Nutrition", presented at the North Valley YMCA, Chatsworth, CA.
- ◆ 6/10/99: "Stubborn Nutritional Myths", presented at The Cheesecake Factory Corporate Headquarters, Calabasas, CA.