

# Alan Aragon Nutritional Counselor, Continuing Education Specialist

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## Contact Information

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- Website: [www.alanaragon.com](http://www.alanaragon.com)

## Areas of Nutritional Expertise

(Over 15 years of industry experience)

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



## 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

- 10/01/07 to the present – Monthly Columnist and Contributing Editor, Men’s Health Magazine
- 10/01/00 to the present – Private Practice Nutritional Counselor, Continuing Education Specialist (for Registered Dietitians (ADA/CDR) and Certified Personal Fitness Trainers (ACE, NASM, NSCA), Westlake Village, CA
- 6/16/98-9/29/00 – Nutrition Consultant to Sports Med, the physical therapy/wellness division of the Sports Club Company, Los Angeles, CA
- 11/1/96-6/13/98 – Personal Fitness Trainer, Spectrum Club, Canoga Park, CA
- 6/9/92-10/30/96 – Personal Fitness Trainer, Team BodyFit, Los Angeles, CA

## Publications

- Alan Aragon’s Research Review: <http://alanaragon.com/researchreview>
- Girth Control: The Science of Fat Loss & Muscle Gain: <http://alanaragon.com/my-book.html>
- Articles in Men’s Health Magazine (approximately every quarter, ongoing). A few of them are posted in the following link, along with other original articles online: <http://alanaragon.com/articles.html>
- “Ask The Weight Loss Coach” - monthly column in Men’s Health Magazine

## 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, circumstances, and training protocol, because everyone’s 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.
- Information is the most powerful tool anyone can use to self-improve. My job is to provide accurate information and show clients how to successfully apply it. Individual response is king. Everyone can learn how to listen to what’s being conveyed by internal cues. The written “blueprint” is always subject to adjustment according to client feedback & results.
- 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**

- 2/4/07: "Girth Control: The Science of Fat Loss & Muscle Gain" 7-hr continuing education lecture presented to Registered Dietitians & Certified Personal Trainers at the Spectrum Club, Thousand Oaks, CA.
- 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 lecture presented to Registered Dietitians & Certified Personal Trainers at the Spectrum Club, Fullerton, CA.
- 6/6/04: "Girth Control: Critical Concepts & Applications for Fat Loss in Fitness & Sport", 6-hour continuing education lecture presented to Registered Dietitians & Certified Personal Trainers 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 lecture presented to Registered Dietitians & Certified Personal Trainers 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 lecture presented to Registered Dietitians & Certified Personal Trainers 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 lecture presented to Registered Dietitians & Certified Personal Trainers 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 lecture presented to Registered Dietitians & Certified Personal Trainers 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 lecture presented to Registered Dietitians & Certified Personal Trainers 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.