

Alessandro Vero

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Professional Summary:

Experienced Dietitian with extensive expertise in dietetics, sports nutrition, body composition analysis, and wellness retreats. Co-founder of Nutrifitlab, a health and wellness centre focused on personalized nutrition and physical activity optimization. Renowned for organizing VILCA Retreats in collaboration with respected wellness practitioners. Known for supporting elite athletes in achieving peak performance. Fluent in English, Italian, and French with dual Italian and Australian nationality.

Work Experience:

Professional Experience

Nutrium Care – Corporate Wellness Dietitian

(Year of 2025 – Present)

I work as a **Corporate Wellness Dietitian** for **Nutrium Care**, a leading **corporate wellness program** that provides personalized **nutritional consultations** and **online monitoring** for employees. Through Nutrium Care, companies offer their teams access to **qualified dietitians**, helping them achieve health and wellness goals such as:

- **Weight management**
- **Sports performance optimization**
- **Nutrition for pregnancy and maternity**
- **Digestive health and chronic disease management**
- **Stress reduction through improved dietary habits**

Nutrium Care provides **unlimited consultations**, **personalized meal plans**, and **educational resources** through a user-friendly **mobile app**, enabling employees to make sustainable lifestyle changes. The program enhances **productivity**, **employee satisfaction**, and **overall well-being**, making corporate health support more accessible and effective.

Dietitian | Nutrifitlab

Bassendean, WA, Australia — 2022-Present

Co-founded Nutrifitlab, providing customized nutrition and physical activity plans.

Organizes wellness retreats (VILCA Retreats) in partnership with wellness experts.

Conducts body composition assessments using ultrasound scanning, bioelectrical impedance, and anthropometry.

Dietitian | TEKFIT Australia Pty Ltd

Tuart Collge, Perth, WA, Australia — 2016-2022

Delivered comprehensive body composition analyses and personalized nutrition plans.

Provided nutrition consulting at Tuart College and collaborated with wellness centers for client dietary support.

Dietitian | Dr. Giovanni Abbondante Medical Practice

Rome, Italy — 2010-2016

Conducted dietary consultations and managed individualized nutrition plans for patients.

Collaborated closely with Dr. Giovanni Abbondante in a multidisciplinary team.

School Dietitian | St. Francis International School

Rome, Italy — 2010-2015

Supervised and optimized the school's dietary program, ensuring balanced and nutritious menus.

Worked directly with school administration to adapt menus to meet health guidelines for students.

Lecturer in Nutrition

Various Institutions, Italy — 2009-2016

Delivered courses in nutrition to osteopaths, chefs, and beauty therapists, focusing on scientific application.

Engaged students in practical understanding of dietetics and nutrition principles.

Nutrition Specialist | FightForFootball Sport Agency & Iron Team Italia

Rome, Italy — 2013-2019

Developed diet plans for competitive athletes, contributing to award-winning performances.

Worked with soccer and sailing champions, optimizing their nutrition for sports performance.

Pharmacist and Compounder

Ramundo Montarsolo Pharmacy Via Tiburtina 437 Rome Italy

Rome, Italy — 1999-2008

Managed pharmaceutical compounding and personalized consultations, enhancing patient care.

Education:

Master's Degree in Human Nutrition

University of Rome Tor Vergata, Italy (2010)

Thesis on Green Tea Catechins

Recognized as comparable to an Australian Master's Degree by the Overseas Qualifications Unit, Western Australia

Bachelor of Science in Pharmacy

University of Rome La Sapienza, Italy (1998)

Thesis on Beta-Lactamase synthesis

Diploma in Homeopathy

CISDO, Rome, Italy (1988)

Diploma di Magister in Scienza dell'Alimentazione

Universitas Aromatatorium Urbis, Rome, Italy (1999)

Certificate III & IV in Fitness

Australian College of Sport and Fitness, Perth, WA (2016/2017)

Biology Certification

University of Camerino, Italy (2011)

Certifications and Professional Associations:

NSA Associate Nutritionist - Nutrition Society of Australia

Member, Italian Association of Nutritionists (AINut)

Chairperson, Dante Alighieri Society Western Australia

Vice President, A.S.P.E.N.I (Association of Ethologists and Nutritionists in Italy)

Specialist Techniques:

Dietetic Techniques: Development of personalized dietary plans, nutritional counseling, and adaptation of diets for specific health conditions.

Body Composition Analysis: Ultrasound Scanning, Bioelectrical Impedance Analysis, Anthropometry

Pharmaceutical Compounding

Courses and Continuing Education:

Theoretical and Practical Therapies for Breastfeeding - ARCA Pharmaceutical, Rome (2005)

Course FAD: Dyspepsia - Mediator Italy, Milan (2007)

Course FAD: The Irritable Bowel Syndrome (ECM33) - EDRA Spa, Milan (2008)

Power Aware and Functional: from Molecules to Calories - DS Medica Srl, Rome (2008)

Food and Nutrition in Sports Activities - SISRAN - FIP, Rome (2008)

Bioimpedance and Anthropometry - DS Medica Srl, Rome (2008)

Focus on Obesity - Forlanini Hospital, Rome (2008)

Participation in First National Congress SIFIOG - Catholic University of the Sacro Cuore, Rome (2009)

Course BLSD - Italian Red Cross (2013)

AINut: Food and Nutritional Integration for Sport Activity and Fitness (2014)

Semi-professional Chef Course - Cooking School and Pastry Les Chefs Blancs (2015)

HACCP Certification (2015)

Key Achievements:

Provided nutrition consulting for elite athletes, including:

European Championship winner in Sunfish Sailing Andrea Milla (2011-2014)

Italian senior swimming champion Luca Romano (2015)

Italian Primavera Cup soccer champion Federico Pasqualoni with SS Lazio (2015)

Natural Bodybuilding Champion Alessandro Carfagna (2021, 2022, 2023) – IFBB

3rd Place, Australian Junior National Badminton Championships ZhiRon Tiantian

Languages:

English: Professional Proficiency

Italian, French: Fluent

Spanish: Basic

Professional References:

Available upon request.