



# Rughini Franco

Passionate about helping people  
achieve their nutrition and fitness goals

## Contact



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San Martin Avenue 1340, Buenos  
Aires

## Education

- Instructor Fitness - High Fitness Academy - 2024
- Licenciado en Nutrición - Isalud University, 2023
- Antropometrista Isak 2 - Holway Capacitations - 2023
- Profesional Cook - Iag - 2015
- Saint Gilles College, Londres - 2013
- Bachelor with teaching orientation School Redepmtrix Captivorum 2012

## Languages

- Intermediate English
- Speaking : Intermediate  
Writing: Intermediate

## Experience

### Franco Rughini Nutrition and Training

March 2024 - Now

- Prepare personalized diets for clients
- Anthropometric service
- Promoted a healthy life style
- Personalized gym routines

### Club Atletico Platense - Junior Division

March 2022 - Now

- Longitudinal monitoring of junior player division
- Anthropometric and nutritional control

### Francis Holway Courses

July 2023 - Now

- Anthropometric assistance Instructor
- Customer service and anthropometric tools seller

### Remises Universal

February 2020 - June 2022

- Customer service
- Seller

### Msc Mediterranean Ship Company

October 2018- May 2019

- Assistance waiter
- Sales team

### Baruja Catering

February 2014- January 2017

- Assistance cook
- Waiter