Certified Applied Nutrition Coach

INSTITUTE OF NUTRITION
AND HEALTH COACHING
(A UNIT OF NOGUILT FITNESS & NUTRITION PVT. LTD.)

INHC x Fitelo

For over five years, Fitelo's growing team of **800+ coaches** has delivered life-changing results to more than **1.2 crore people across 70 countries**.

Yet this is only the beginning. Our global user base is expanding every day and to keep transforming lives, we need the next generation of evidence-based nutrition professionals.

That's why we created INHC, So that talented graduates like you can upskill fast, earn an industry-ready certification, and join our mission.

ABOUT THE PROGRAM

The “Certified Applied Nutrition Coach” is a 4 weeks internship program that will transform science-savvy grads into job-ready nutrition coaches.

After 4 weeks, you’ll master the art of diet planning for different kind of clients, counsel them and help them in tiny habits formation that will keep them on the track while they are on their fitness journey.

There will be remote classroom sessions from Mon - Fri (10AM - 5PM)

WHO SHOULD APPLY?

If your Graduation or Post-graduation is in the field of Medical, Nursing, Biotechnology, Microbiology, Biochemistry, Entomology, Zoology, Botany, Food Technology, Biology, Home Science, Nutrition & other life sciences related fields.

Academic Cut-offs: ≥ 60 % in 10+2 & ≥ 60 % or 6 CGPA in latest degree

INTERNSHIP FEE

~~₹20,000~~

GET IT AT AN INTRODUCTORY PRICE OF

₹9,499*

(₹2499 registration fee + ₹7000 Refundable Security Deposit)

SELECTION JOURNEY

Fill the Application Form → Orientation Call → Interview → ₹2499 registration fee deposit → Documentation check → Join the Batch → Get ≥ 80% marks → Start your Job as a Nutrition Coach in Fitelo

WHAT YOU WILL LEARN

Week 1 – Human Body & Nutrition Science Fundamentals

Week 2 – Diet Planning & Indian Food Patterns, Nutrition for Life Stages & Special Conditions

Week 3 – Metabolism & Active Lifestyle Nutrition, Managing Medical Conditions through Diet

Week 4 – Behavior Change & Habit-Building for Clients, Client Communication & Coaching Skills

APPROVED & TAUGHT BY EXPERTS

Divya Suhaney
Msc. Dietetics & Clinical Nutrition
Bsc. Clinical Nutrition
Certified Health Coach (NBHWC)
Ex Snap Fitness 24/7 (Center Head)
Ex Truweight (Centre Manager)
Ex Sodexo (Assistant Manager)
Ex Compass Group India (Senior Manager)
Ex VLCC Health Care Ltd.

Deepalakshmi Sriram
Registered Dietitian (RD)
M.Sc in Clinical Nutrition
B.Sc in Clinical Nutrition & Dietetics
Certified Diabetes Educator (CDE)
Infant & Young Child Feeding (IYCF) expert
Ex - Sri Ramachandra Hospital, Chennai

Divya G Nair
B.Sc Food Science and Nutrition and Biochemistry
M.Sc Food Science and Nutrition
Ex. Vimala College, Thrissur, Kerala
Ex. GOQii
Ex. Vitaliz Biosciences Pvt Ltd

Dr. Mayukha Thakur
BAMS
Post Graduate Diploma in Yoga & Naturopathy
Post Graduate Diploma in Nutrition & Dietetics
Ex - DMCH, Ludhiana
Ex - SJGAMH, Karnataka

Navjot Singh
Clinical & Sports Nutriotionist, Fitelo
Bsc. (hons.) Nutrition & Dietitics
Masters in Sports Nutrition (Gold Medalist)
Ex DMCH, Ludhiana
Ex NSNIS SAI, Punjab

Samriti Sharma
MA (Psychology)
BA (Psychology)
Diploma in Clinical Psychology
Ex - IGMCH, Shimla

Aamna Qaisar
Bsc. (hons.) Food Science & Nutrition Mangement
Masters in Food & Nutrition
UGC Net Qualified - 2025
Diploma in Nutrition & Lifestyle in Pregnancy (Germany)
Ex Instistue of Neurosciences, Kolkata
Ex Genesis Hospital
Ex First Eat Right, Hae boosters, Rawrx

WHAT YOU WILL GET

Certificate of ‘Certified Applied Nutrition Coach’

Job in Fitelo as a Nutrition Coach*

100% refund of the security deposit (after completing 9 months with Fitelo)

Experience sharing sessions from Fitelo faculty

20% off on purchase of any further programs from INHC

WHAT OUR COACHES SAY

"Guiding 5,000+ clients showed me personalization beats templates. Fitelo's case exposure, upskilling, and recognition built my confidence and lasting transformation skills" - **Manpreet Sidhu**

"Fitelo's structured learning and tech tools helped me master PCOS, diabetes, thyroid cases - applying science beyond textbooks to guide clients confidently every day" - **Umang Malhotra**

"At Fitelo I blend passion with purpose - guiding health transformations while constantly upskilling within a supportive, growth-driven coaching community" - **Santdeep Singh**

"Trusted early, I grew confident - learning consistency, empathy and innovation in Fitelo's supportive, always-learning culture that fuels purpose & dreams" - **Shraddha Abrol**

Words of Interns

~ Avani Sharma [redacted] 77073

Dear Fitelo Team,

Grateful for the opportunity to learn from you! 🙏💪 Your team's energy and dedication is truly inspiring & Incredible . Thank you for the support and trust.
Glad that I got an opportunity to connect with you all
Got to learn alot ✨🙌

10:11 pm

❤️ 2

~ 🌟🌟🌟 +[redacted] 91077

Really...Thanks a lot to the Team Fitelo for what you have done for us.This platform has really enriched me, gave the opportunity to learn a lot.I will remain ever grateful to the Team Fitelo ❤️

9:05 pm

❤️ 3

[redacted] 91077

❤️

This 4 weeks training organized by Team Fitelo was indeed a beautiful experience of learning together with new insights in the field of nutrition and ditetics.I will remain ever grateful to each and every member of Team Fitelo for their efforts in organizing training so smoothly.Hearfelt thanks and gratitude to each and every Mentor which taught us with endless efforts.And will miss all the interns.Dont know we will meet again or not but these memories will remain forever in my heart.
All the best to all my fellow interns and hope everyone clear the final assessment.

11:19 pm

❤️ 3

~ Shreyasi Sarkar +[redacted] 68845

Thanks a lot for your endless effort for our betterment..don't know whether I'll be selected or not but I must have to admit it.. hat's off to you all ❣️🙏

8:47 pm

❤️ 3

The last 4 weeks were filled with learnings that helped me look at the subject from a different perspective. All the mentors went above and beyond to ensure each of us understood every tiny detail to the T.

I hope all of us from Batch 1 flourish and pass with flying colours 🌸

10:59 pm

❤️

See more at www.inhc.co

FAQs

Do I need to have any prior experience?

No, You can join as a fresher as well.

What if I fail the final assessment exam?

You will have to revise the curriculum and can give the exam in 2 more attempts.

Do I have to pay ₹9499 to get this job?

No, You just have to pay ₹2499 registration fee and the balance amount of ₹7000 will be adjusted in parts from your first 3 months' salary.

How will the ₹7000 amount be adjusted from the first 3 months' salary?

₹3000 from the first months' salary, ₹2000 from the second months' salary, and ₹2000 from the third months' salary will be deducted and will be refunded along with the 9th months' salary.

FAQs

When will I get the certificate of internship?

You will get the certificate after passing the final exam and completing 3 months in Fitelo.

What is the cut off to pass the final assessment examination?

You will have to get 80% or more marks to pass and get the certificate.

Will I get the ₹7000 refund if I pass the exam and leave the job before 9 months?

No, refund is only applicable if you get the certificate and completing 9 months in Fitelo.

What will be the salary and will the job be remote or in-office?

The exact details regarding this will be shared by HR and the work location will be remote or hybrid.

Can I join outside India?

No, You cannot join if you are not in India and you must have valid Indian ID proofs & bank account.

FAQs

Will I get the refund of the registration fee?

No, You will not get the refund of ₹2499, it will be the one time registration fee for the internship.

Will I get the refund of the Internship Security Deposit?

Yes, after passing the final exam with 80% or more marks and completing 9 months in Fitelo

What will be the shift timing while working as a Nutrition Coach at Fitelo?

We have two shifts 8AM to 5PM, and 12PM to 9PM. You will have to work in either of these two. No rotating shift.

What will be the working days after joining the job?

Monday to Saturday will be working, Sundays will be off days.

Is having your own laptop mandatory or the company will provide?

Yes, Having your own laptop and a good internet connection is mandatory to join Fitelo.

FINAL ASSESSMENT

Technical Knowledge - 2 reattempts

Diet Planning - 2 reattempts

Communication - 2 reattempts

Viva - 1 reattempt

JOIN NOW

TO START YOUR CAREER AS A NUTRITIONIST

admissions@inhc.co

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