



### **HOMETOWN**

Winston-Salem, NC

### **EDUCATION**

Woodland Baptist Christian School  
Forsyth Tech Community College

### **CERTIFICATIONS**

NASM Certified Personal Trainer  
NASM Nutrition Certified

### **SPECIALTY**

General Health & Wellness

- Training for all levels of workout experience (Beginner/Intermediate/Expert)
- Working with Mothers (+ Postpartum Plans)
- Working with Women (of all ages)
- Weight Training

### **MOTTO**

"Eat your greens and lift heavy things"  
- Brittany Lupton

### **BIO**

Fitness is a lifestyle, and I want to help you live it! When my husband and I had our first son, I had a difficult time during postpartum—physically and mentally. It was a journey, but with determination I made it through! That's a big reason why I am passionate about helping mothers, especially mothers who are going through postpartum. No matter where you are on your fitness journey, I want to accommodate you in any way I can. My goal is to help you make real, measurable progress— and have fun while doing it!



YMCA Personal Trainer  
**NICOLE GONZALEZ**