



INTRODUCTION

Retired CW2 Celina Gonzalez is currently completing her Bachelor of Science in Nutrition at the University of Massachusetts.

Celina Gonzalez has been providing nutritional guidance and lifestyle adjustment advice since 2020 as owner of Macro Coaching with Lina, LLC.

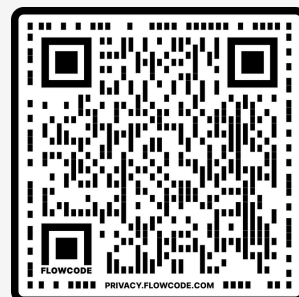
Celina is a National Referee for the United States Powerlifting Association (USPA). She has competed in 14 powerlifting competitions including one international competition. She currently holds the National Bench Press Record in the USPA for her respective weight class.

HOURS

Thursdays - 0830 - 1230
Saturdays - 0900 - 1300
Other hours available by appointment only

SCAN THE QR CODE TO

- Make an individual appointment
- Schedule a group class
- Ask Celina questions



CELINA GONZALEZ

NUTRITION ADVISOR



LinaNicoleLifts@gmail.com

DEVENS FITNESS CENTER
32 MACARTHUR AVE (BLDG #685)
DEVENS, MA 01434

SERVICES OFFERED

- Basic food group education
- Macro tracking guidance (carbs, fats, protein)
- Current dietary pattern assessment
- Understanding nutrition labels
- How to improve food choices
- Goal-setting support
- Meal prep strategies
- Portion control strategies
- Lifestyle integration techniques (eating out, snacking, hydration)
- Design a balanced meal using MyPlate
- How to increase daily movement
- Exercise form guidance
- Group classes available by appointment

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