

Manuel J. González-Carrasquillo

CORPORATE WELLNESS COACH - PROFESSIONAL TRAINER & INSTRUCTOR -M.A., B.A PHYSICAL EDUCATION



I am passionate about building wellness communities and providing tools that drive cultural change through greater awareness of the body, mind, and nutrition. With over 15 years of experience, I continue to educate and lead wellness experiences that leave a positive and lasting impact on people's lives.

ALWAYS FIT

Contact



alwaysfitts@gmail.com



787-349-0824



Los Sueños #65, Gurabo PR 00778

Professional Experience

PRESIDENT, ALWAYS FIT TRAINING SYSTEM

October 2010 - Present

- Administrator and designer of corporate holistic wellness programs.
- Designer of physical training programs for employees, athletes, and communities.
- Holistic wellness advisor for corporate communities.
- Supervisor of professional service staff.
- Coordinator of corporate and recreational activities.

Education History

- IFA Personal Trainer & Fitness Instructor
2021-Present
- NESTA Certified Corporate Wellness Coach
2021
- Universidad Metropolitana - MA Phys. Ed.
2003
- Universidad Interamericana - BA Phys. Ed.
2001