



Matthew Nelson

MS, CSCS, NSCA-CPT

Education

MS Kinesiology

BS Mechanical Engineering

Certifications

Certified Strength and Conditioning Specialist (CSCS), Certified Personal Trainer (NSCA-CPT), Certified Powerlifting Instructor

About Me

I am a Master level powerlifter, have a Master's in Kinesiology, and am a strength and conditioning coach for a nationally ranked powerlifting team with state, national, and world records. I'm passionate about health and fitness and enjoy sharing that passion with others. I provide customized fitness, nutrition, habit coaching, ongoing support, and motivation. I will help you break through strength, muscle gain, and weight loss plateaus. Reach out for a consultation and fitness assessment to become a better you. Change for the better, never give up.

Personal Interests

Hiking, Concerts, Reading

Contact Information

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Walton Family
Whole Health & Fitness