



4 Courses

Decoding Nutrition Labels

Smart Grocery Shopping Choices for Optimal Nutrition

Popular Fitness Supplements

Pre- and Post-Workout Supplements for the Beginner



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ANGEL ANTONIO MALDONADO RAMIREZ

has successfully completed the online Specialization

Nutrition Mastery for Fitness and Wellness

This certificate recognizes the successful completion of the specialization in Nutrition Mastery for Fitness and Wellness. The recipient has demonstrated proficiency in interpreting nutrition labels, making informed grocery shopping decisions, and understanding the role of fitness supplements in enhancing health and performance. Through practical projects and applied learning, the holder of this certificate is equipped to develop personalized nutrition and supplementation strategies tailored to individual fitness goals and dietary needs.

NASM Faculty

This certificate attests to the learner's completion of an online program delivered via Coursera. It does not constitute formal enrollment at any university or entity and does not itself grant academic credit, grades, or a degree. Institutions or organizations may, at their discretion, recognize this learning toward their own programs or credentials.

Verify this certificate at:

<https://coursera.org/verify/specialization/8F37XW8KPQIM>