



**DEDICATION  
HEALTH**

Innovative Concierge Medicine



“Our concierge model at Dedication Health supports my passion to create the most personalized health and wellness plans possible, while focusing on each patient’s unique and individualized needs. My goal is to maximize our patients’ ability to live their best lives.”

– Amanda Gonzalez RN, BSN, ACE-PT

## **Amanda Gonzalez RN, BSN, CPT**

As a Registered Nurse, Certified Personal Trainer and Nutrition Specialist, Amanda takes a holistic, patient-centered approach to cardiovascular health and wellness, specializing in those with complex health histories.

Amanda began her nursing career over two decades ago at Loyola and Rush University Medical Centers and has spent the last decade at the most esteemed health and wellness clubs in Chicago. She empowers patients with knowledge and personalized wellness plans that improve strength, resilience, confidence, and overall quality of life—supporting both physical and mental health.

### **EXPERTISE**

- Cardiovascular Reconditioning
- Injury Prevention & Modification
- Weight Loss

### **CONTACT**

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