



CUSTOM FITNESS
Consulting



Adam Hartley, Co-owner & Fitness Coach

Adam White, founder of Custom Fitness Consulting, describes his partner, Adam Hartley, as someone who has the innate ability to relate to anyone and everyone. His passion is helping people, which makes him a perfect fit for Custom Fitness.

Adam Hartley took a circuitous route to becoming a fitness coach. Even though he'd been a fixture in gyms since he was 17 and even though he'd enrolled in a program to become a certified fitness coach, he chose the path of firefighter and emergency medical technician instead. He quickly learned, however, that the trauma associated with that career was taking a toll on him. So Adam returned to school and finished the fitness program.

While working as a fitness trainer at Sylvester Powell in Mission, Kansas, Adam was introduced to Adam White. He was impressed with Adam's knowledge regarding the relationship between food and fitness, and he soon became a client. Following in his mentor's footsteps, Adam became a registered nutritionist in 2016, and, that same year, became a co-owner of Custom Fitness Consulting.

Having gone through his own transformation (see his case study on our web site), Adam shares in the journey of all his clients. He knows the challenges first hand and provides solutions, support, and encouragement. If you truly want to be fit and healthy, Adam can get you there.

CHANGE, OVERCOME & CONQUER - to become the very best you can be!

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