



**CUSTOM FITNESS**  
Consulting



## **Adam White, Founder & Fitness Coach**

Adam White is passionate about helping people get fit and healthy. He thrives on motivating clients and building their confidence. With over a decade of experience in the fitness industry, Adam has worked with clients at all levels of fitness. It doesn't matter where you are – bodybuilding competitor or a patient with a doctor's order to lose weight – Adam is eager to get you to your goal.

### **Like A COACH ...**

Adam motivates you to be the best you can be.

### **Like A TEACHER ...**

Adam gives you the information you need to make wise choices.

### **Like A THERAPIST ...**

Adam helps you overcome your challenges.

### **Like A LIFESTYLE ADVISOR ...**

Adam keeps you focused on the positive.

### **Like A FRIEND ...**

Adam is excited about your successes.

### **Like A HUMAN TEST DUMMY ...**

Adam has spent two decades testing and tweaking his fitness regimens on himself, so you can feel confident that they work.

Honestly, Adam is someone you have to meet. If you don't walk away feeling energized and ready to conquer the world, well, you're dead.

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

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