



CUSTOM FITNESS Consulting

***Please Note:** Results may vary: Fitness and/or weight loss results will vary from person to person. No individual result should be seen as typical. All information and tools presented within this site are intended for educational purposes. Any health, diet or exercise advice is not intended as medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider before beginning a new health care regimen; any weight loss program, exercise, training regime or any diet. Our services are not intended to diagnose, treat, cure or prevent any disease.

Angela Roth

Married with two children

Occupation: Investment accounting analyst

Hobbies: Golf, yoga, biking

Age 34

Background

After gaining 70 pounds during her first pregnancy, Angela Roth decided it was time to take her body back. Although she's never considered herself an athlete, she does enjoy working out. "My employer has a gym for its employees," said Angela. "I started working out with an on-site trainer and a group of co-workers, and it's been fun." Angela's daily trips to the gym paid off—she lost all of her pregnancy weight within a year and a half.

Feeling good about what she had accomplished with making fitness and health a priority in her life (especially after having a second child), Angela decided to challenge herself. "I decided to train for a bikini fitness competition, which is so unlike me because I don't like standing out," she said. "But I wanted to see how far I could push my body and get into the best shape of my life." That's when she called Custom Fitness Consulting. "Adam White and I have friends in common, and I'd met him a couple of times socially. I knew that he provides both fitness and nutritional plans—not many trainers that I know do that—so that was a big plus. Also, on Facebook, I had seen the work he had done with his wife, Debbie, and I was impressed with her results."

Solutions

Angela was a little concerned that the arrangement might not work because Adam lives in Kansas City and she lives in Iowa. "I assured her that I do a lot of long-distance coaching with great results," said Adam. "Thanks to technology, the team is able to easily communicate and share information with clients all over the country."

Based on her goals as well as the photos and measurements that Angela sent him, Adam developed a program designed to reduce body fat. The first thing he did was move Angela out of the aerobics room and into the weight room, which was quite a change for Angela who had spent most of her time

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

Tel: 913-815-8819 Email: adam@CustomFitnessConsulting.com Web: www.CustomFitnessConsulting.com



CUSTOM FITNESS Consulting

spinning, rowing, using the elliptical, and such. "Given the choice, I would much rather do cardio than life weights on my own," said Angela. Also, knowing that Angela enjoys working out with her co-workers and on-site trainer, Adam designed the program to complement what she was already doing.

In addition to the fitness routine, Adam sent Angela weekly menus to help reduce her percentage of body fat. "When you train for competition, there's that delicate balance of losing body fat and staying healthy," said Adam. "Most people don't know how to accomplish both, so I take out the guesswork."

Angela appreciated the menus because (1) she didn't have to think about it, (2) it was a gradual change, so she didn't feel deprived, (3) everything on the menu could be found at the grocery store, and (4) it was based on foods she liked.

Every week, Angela sent Adam new photos and measurements to show her progress. If Adam felt as though the program were stalling, he would make adjustments to get it back on track. "I like that Adam is always available to talk," said Angela, "whether I have a question or just need support—I can always call, email, or text him and he responds right away."

Results

Duration of training: 15 weeks
Change in body weight: -22 pounds
Change in total inches: -17.25

DURATION OF TRAINING: 15 WEEKS



BEFORE

AFTER

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

Tel: 913-815-8819 Email: adam@CustomFitnessConsulting.com Web: www.CustomFitnessConsulting.com



CUSTOM FITNESS
Consulting

How was the bikini competition?

It was fun! It surprised me that I wasn't nervous at all. Adam trains you to win, but for me, it wasn't about winning, it was about being the best version of myself. And I did that. And people have definitely noticed the change. It's kind of funny, but, even though my weight hasn't changed drastically, my shape has. I look smaller. I'm proud of what I've accomplished with guidance and support from Adam.

What did you like best about working with Adam?

His knowledge and encouragement. I learned a lot from Adam about nutrition and fitness, especially about how the two work together. Also, Adam had complete faith in me, which I didn't always have in myself.

What was the biggest benefit you got from working with Adam?

The best body I've ever had. After handing over the controls and trusting him completely, I followed through and did something I never thought I'd do. And I feel good about that.

DURATION OF TRAINING: 15 WEEKS



BEFORE

AFTER

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

Tel: 913-815-8819 Email: adam@CustomFitnessConsulting.com Web: www.CustomFitnessConsulting.com