



***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.

“Freshman 15” Gone Wild

Andrea Exon

Age 20

Single, no children

Occupation: College student majoring in physical education and health

Life philosophy: Nobody’s perfect, so be happy with who you are.

Background

Andrea Exon had been physically active throughout her high school years, playing volleyball, basketball, and softball. As a result, she entered college at a comfortable 5’8” and 150 pounds. One would think that being a physical education and health major would make Andrea immune to the “Freshman 15.” Not so. During her freshman year, Andrea gained about 13 pounds; lost half of it over the summer; gained it back—plus more—the following year. By the end of her sophomore year, Andrea was up to 173 pounds. “I was not happy with the way I looked,” said Andrea. “I felt overweight, and I wanted to get back into my old clothes.” So, that summer, Andrea set a goal to get fit and stay fit for her remaining years at college. PLUS, as a motivator, Andrea decided to enter a bikini competition.

Solutions

Andrea worked with Adam for about 15 weeks before returning to school. That’s when things got really hard. “I’m heavily involved in the Greek system at KU,” said Andrea, “and where there are frats and sororities, there’s drinking. My nutrition plan went out the window.” As the days to the competition ticked closer, Andrea began to feel stressed. “I finally decided that enjoying my time at school was more important to me than winning a competition.” So Andrea withdrew. “Even though

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

Andrea worked with Adam for about 15 weeks before returning to school. That's when things got really hard. "I'm heavily involved in the Greek system at KU," said Andrea, "and where there are frats and sororities, there's drinking. My nutrition plan went out the window." As the days to the competition ticked closer, Andrea began to feel stressed. "I finally decided that enjoying my time at school was more important to me than winning a competition." So Andrea withdrew. "Even though I didn't compete, I'm completely satisfied with what I've accomplished so far. I get LOTS of compliments, and that feels really good. There's plenty of time to compete after graduation."

Results

Duration of training: 16 weeks

Change in body weight: -29 pounds

What are you going to do with a degree in physical education and health?

Believe it or not, I plan to pursue a career as a personal trainer. I'm eager to work with people who are committed to improving their health. My experience with Adam has nudged me in that direction.

What did you like best about working with Adam?

Working out with Adam is like working out with a friend. The studio where we'd meet doesn't permit outside personal trainers to use the facility. So Adam worked out right along with me. It was fun.

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

My experience with Adam has made me realize that I'm happiest when I'm healthy, and that has laid a solid foundation for maintaining a healthy lifestyle.

DURATION OF TRAINING: 16 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