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## In the Best Shape of His Life

### Fred Horton

Age 52

Single father of three young men

Occupation: vice president of a healthcare consulting firm

Likes to cook.

### Background

When Fred Horton started working with Adam White, he had no idea what to expect. "It was a gift I gave to myself," said Fred. "I'd never worked with a fitness coach before."

Before working with Adam, Fred led an active life and worked out four to five times a week. His demanding career, however, keeps him on the road every week, which was making a healthful lifestyle challenging. "I was a chronic 'undereater,'" said Fred. "I'd seldom eat at business luncheons, but once I got to the hotel at the end of the day, I'd overeat. Definitely not healthy. People need to eat at regular intervals." Additionally, the constant traveling was giving Fred chronic back pain. Plus, he felt like his workouts weren't accomplishing anything. They had become stagnant. So a friend recommended that Fred meet with Adam to work through the challenges and set some goals.

### Solutions

"One of the reasons Fred's workouts had become stagnant was the ratio of cardio training to weight training," said Adam. "A lot of people have the misconception that cardio burns more fat. It doesn't. Weight training is far better at lowering body fat and building lean muscle." Following Adam's advice, Fred changed his workout routine. "It's interesting," said Fred. "I still work out four or five times a week—so that hasn't changed—but there's definitely a change in my body. Apparently, I'm working smarter, not harder."

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Even though Fred has a nice gym at his home, he chooses to work out three days a week at Adam's studio. "I like the camaraderie," said Fred. "Plus, I think I work harder under Adam's watchful eye. He's good at holding me accountable."

As for diet and nutrition, Fred has learned a lot. He now knows that he shouldn't eat proteins, carbs, and fats all in one meal, and he has learned that Kit Kat bars and French fries are not a food group. "Fred likes to know the rationale and science behind the meal plan, which is good," said Adam. "With that foundation, he'll make smart food choices."

### **Results**

Over the course of a year, Fred lost 40 pounds; his waist went from 34 inches to 30 inches; he's added muscle; and his muscles have become considerably more defined.

### **Now that you've "gone healthy," do you still like to cook?**

Oh, yeah, that hasn't changed. It's just different. Meals now consist mostly of lean meats and vegetables, and I try to stay away from starches. I can't even remember the last time I had an Italian dinner.

### **You said that you're now "working smarter, not harder." Describe something that you're doing differently.**

Over the years, I've had several knee surgeries, including a complete reconstruction of my ACL. One of those surgeries led to nerve damage, which, in turn, led to three surgeries over the course of two years. Being afraid that I might injure my knee further, I never worked on my legs much. Adam, on the other hand, saw an opportunity to strengthen that area, so he focused on proper form and getting my legs more muscular and healthy. That's been a huge breakthrough for me. I no longer have any pain. It's worked wonderfully.



BEFORE

AFTER

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**Do you think you'll ever enter a body-building or physique competition?**

I don't know. It wasn't my original intention, but I don't know. Adam introduced me to the sport, and I was amazed. The sport is so much more than the workout. It's also about diet and mindset. They both play a HUGE part. Those competitors go through a lot. I'm in awe of them.

**What do you like best about working with Adam?**

I'd have to say the totally unexpected pleasure of developing a friendship. Adam is someone I can relate to. So, when we're working out, the conversation easily flips between proper form and number of reps to family and common interests. That means a lot to me.

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

His knowledge and perspective. Adam can quickly size up a situation and help almost anyone. He helped me. I'm 52 and in the best shape of my life.

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