

15 minutes may change your life

**CONTACT DR. ADAMS TODAY FOR
YOUR FREE 15-MINUTE
CONSULTATION AND FIND OUT HOW
HE CAN INTRODUCE YOU TO A
HEALTHY NEW LIFESTYLE.**

"Calling Dr. Adams has been the best nutritional decision I have ever made. I am now confident with myself and my appearance. Every session gives me more motivation to better my nutrition and my life. Since my first session with Dr. Adams, I have lost over 110 pounds and am just a few pounds from my goal weight!"

- Courtney J.



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Win the Battle.



RECEIVE THE EDUCATIONAL TOOLS, SUPPORT AND
ENCOURAGEMENT TO LOSE THE WEIGHT AND KEEP IT OFF.



"I know what to do, I just don't do it."

Learn why you've failed at getting healthy and how to create a plan that is right for you.

THE 5 KEYS TO SUCCESS:

1 Customized Approach

Everyone has unique needs. By creating a customized diet and exercise plan that's right for you, Dr. Adams will enable you to achieve and maintain the healthy body and lifestyle you desire.

2 Motivational Support

Dr. Adams empowers clients to conquer their diet and fitness goals. By using education and behavior modification, you will better understand your relationship with food and how to use it properly.

3 Behavior Modification

Behavior change is the only long-lasting solution to weight loss. Dr. Adams will work with you on identifying behaviors contributing to your eating problems and food-related issues.

4 Physical Activity

No weight loss program is successful without incorporating physical activity. Let Dr. Adams' almost 15 years experience as a personal trainer get you into the best shape of your life.

5 Convenience

Convenience is important in today's fast-paced world, so Dr. Adams offers in-person, online, phone, and e-mail consultations. No need to come to an office, Dr. Adams will come to you.



WORK WITH AN EXPERT WHO UNDERSTANDS HOW ALL ASPECTS OF WELLNESS WORK TOGETHER TO PRODUCE GREATER RESULTS.

"Dr. Adams was an invaluable asset to me in connecting all components of overall health...I can feel a world of difference and feel more connected with my body's needs."
- Mara S.

Dr Adams has helped hundreds of clients lose thousands of pounds!

Success is waiting for you

If you've ever wondered if good nutrition and exercise guidance could improve your life, Dr. Adams will prove to you that it can. Whether your goal is weight loss, improved athletic performance, disease management/prevention, or getting the most from your diet, Dr. Adams will create a plan that suits your needs, goals, and lifestyle.

NUTRITION COUNSELING

ON-LINE PERSONAL FITNESS TRAINING

GROUP WELLNESS COACHING

CORPORATE SEMINARS

ARTICLES AND NEWSLETTERS



Make your health a priority.

An investment in your health and well-being is one that pays off indefinitely. Don't waste another day taking your health for granted. Learn how to eat properly and exercise to meet your goals.

It all starts with a FREE 15-minute initial consultation

COMPLETE NUTRITIONAL EVALUATION

Dr. Adams will go through your diet and weight histories; understanding your schedule and past dietary struggles. He will customize your eating program to fit within your busy lifestyle. Every approach is unique to fit your needs.

FLEXIBLE CONSULTATIONS

Busy schedules are no excuse for not reaching your wellness goals. Dr. Adams offers many ways to stay on track: from in-person sessions at your home or office to the convenience of online and phone consultations.

MOTIVATION AND SUPPORT

Dr. Adams creates client-centric programs by integrating motivational support with thorough nutrition and fitness planning. Food

tracking techniques, frequent follow-up sessions and continuous support via unlimited email and texting provide an environment to guide you throughout the dietary change process.

CUSTOMIZED NUTRITION AND FITNESS PLANS

No matter who you are, or what your needs, Dr. Adams has a plan for you. Nutrition and exercise play a large role in our performance and degree of health. Dr. Adams works with a large variety of clientele: from professional athletes to expectant mothers, to people trying to manage lifestyle-related diseases.

GROUP WELLNESS COACHING

If one-on-one consultations are not your style, Dr. Adams also offers small group wellness sessions. Many people find a group setting provides more motivation and the extra support necessary to make lifelong health changes.

HEALTH STRATEGIES FOR A LIFETIME

Good health and sustained weight loss are only permanent if combined with both a healthy diet and consistent and proper exercise. Dr. Adams' unique background of nutrition and fitness makes his approach different from many other weight-loss or diet programs.

As a doctor of nutrition and a certified personal fitness trainer, Dr. Adams understands the value in making lifelong changes to overall health that lead to lasting results.

