

Adam Shook, B.S.



Education:

Bachelor's in Health and Fitness- *Millikin University*
Minor in Nutrition- *Millikin University*

Certifications:

Certified Personal Trainer- *National Council on Strength and Fitness*
Certified Health Coach- *American Council on Exercise (in progress)*

Experience:

Exercise Specialist- *Sarah Bush Lincoln*

Focus:

Weight Loss
Muscle Growth
Group Training
Special Populations

Training Philosophy: Adam applies a client-centered approach to help his clients reach their health and fitness goals. He has experience working with a diverse population of people, from people living with pain to people with high levels of fitness. His goal is to help his clients obtain positive lifelong habits and quality of life.