

# ADAM PARKS



Adam Parks first became an ACE Certified Personal Trainer in 2008. He started training full time in 2016 while also managing a gym in Richmond, VA. He holds a Bachelor's degree from Emory & Henry, and has a Master's in Teaching from ETSU. As a former Health educator, he seeks to break down information so that it is easily digestible and applicable to each client and their individual needs. Having done everything from college athletics, to boxing, to running a marathon, Adam has gained both the knowledge and experience to understand what aspects of health and wellness are important in order to gain the ultimate in functional fitness. His goal is to not only help clients feel good in their own bodies, but also to help give them a body that can do as many things as possible. Having grown up in Abingdon, VA, he moved back to the area to help move the health of Appalachia forward and start his own family.

Consultations with Adam are free of charge. Schedule a consultation today.

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