

Adam Parks - Health Consulting & Personal Training - Abingdon

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Discovering Health Consulting & Personal Training with Adam Parks in Abingdon, Virginia

If you're looking for a health consultant who not only focuses on fitness but also holistic well-being, look no further than **Adam Parks**. Located in Abingdon, Virginia, Adam offers a comprehensive approach to health consulting and

personal training that fosters significant improvements in his clients' lives.

Accessibility Matters

For those requiring additional support, Adam's facility features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can pursue their health goals comfortably and safely.

The Adam Parks Experience

Clients rave about their experiences training with Adam. As one satisfied client noted, "I've been training with Adam for only a short time, but I'm already feeling the benefits." Adam emphasizes overall health both inside and outside the gym, helping his clients enhance their sleep, nutrition, and energy levels.

A Holistic Approach to Fitness

Adam is recognized for his extensive knowledge across various aspects of fitness, from **nutrition** and **free weights** to **cardio** and **exercise machines**. His individualized plans ensure that each session aligns with the specific health and fitness goals of his clients. One client remarked, "He's positive, motivating, and encouraging," highlighting Adam's ability to create a supportive atmosphere.

Transformative Results

Long-term clients, like Barry, have experienced transformative results. "I have been working with Adam for 4 months and have been extremely impressed," Barry shares. Adam's dedication to understanding each client's needs fosters significant growth in both physical and mental health.

Tailored Workout Plans

Adam's commitment to personalization is evident in his tailored workout plans. One client expressed, "Throughout the last 8 months, he has created various types of workouts specifically tailored for my goals, needs, weaknesses, injuries, and work-related physical demands." This level of customization ensures that every aspect of a client's health journey is addressed.

Building a Supportive Community

Training with Adam goes beyond just fitness; it's about building a community of support and motivation. His ability to engage clients of all ages and backgrounds makes him a sought-after trainer. "He keeps you motivated and energized!" a long-time client stated, reinforcing the idea that training with Adam

is a worthwhile investment in oneself.

Your Journey Starts Here

If you're ready to transform your health and fitness journey, consider partnering with Adam Parks, a dedicated health consultant and personal trainer in Abingdon. With a focus on accessibility and a proven track record of client success, Adam is prepared to help you achieve your health goals. Don't hesitate—reach out and begin your path to a healthier lifestyle today!

We are established at

300 Stanley St, 24210 Abingdon, Virginia - United States (US)

The contact line of the mentioned **Health consultant** is +1276-356-5119

And if you want to send a WhatsApp, you can do so at +1276-356-5119

We look forward to seeing you at:

Day	Hours
Monday	Closed
Tuesday	9:30?AM–8?PM
Wednesday	9:30?AM–8?PM
Thursday	2–8?PM
Friday	9:30?AM–8?PM
Saturday	2–8?PM
Sunday	Closed

The website is Adam Parks - Health Consulting & Personal Training

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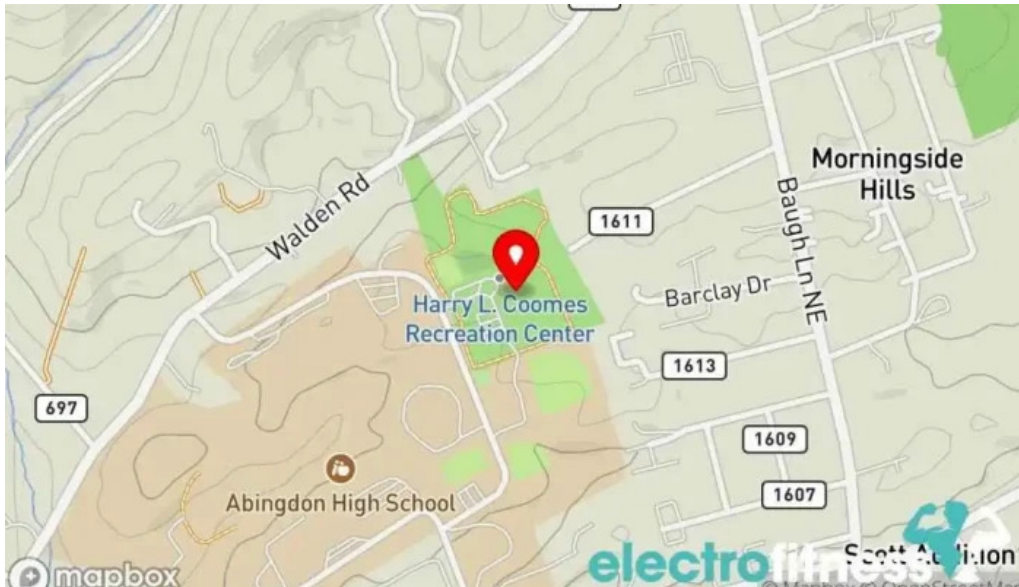
Images



Adam parks health consulting personal training abingdon



Adam parks health consulting personal training street view 360deg



Adam parks health consulting personal training map

An advertisement for personal training services. It features a collage of images: a blue water bottle, a dumbbell, and a kettlebell on the left; a smiling man with a beard in the top right; and a logo for 'APPROVED BY ACE AMERICAN COUNCIL ON EXERCISE' in the center. Below the logo is a blue banner with the text 'INVEST IN YOURSELF'. To the right of the banner is a dark blue box with the heading 'PRICING' and two bullet points: '- Free consultations' and '- \$25 per 30 min session'.

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Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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