

Adam Cooper

Personal Trainer

CERTIFICATIONS & DEGREES

**International Sports Sciences
Association**
Certified Fitness Trainer

SPECIALTIES

- Strength Training
- Weight Loss
- Weight Training
- Muscle Building
- Core Training

QUICK FACTS

UH Program of Study:
Bachelors of Business
Administration
Class of 2013

Hometown:
Charleston, South Carolina

Hobbies:
Scuba Diving, Golf, DJing, Cooking,
Snowboarding, Travel

Alter-Ego Name:
Coop

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

"The hardest thing about exercise is starting a routine. Once you have started, the hardest thing to do is stop!"

More About Adam

Adam is a major advocate of a healthy and well balanced lifestyle. His key to success lies in his motivation to change his body and the way he lives. Two years prior to being certified as a personal trainer Adam was unmotivated, not health conscious, and somewhat overweight. His motivation came about from his determination to live a healthier lifestyle and to change the way he looked in front of others.

Now healthy, slender and fit Adam is living proof that exercise and a well balanced diet is the key to being healthy and fit! Adam enjoys working with clients of all ages - especially those who are motivated to change their body and the way they live. As a personal trainer, he specializes in strength training and weight loss. Adam is a trainer whose greatest joy in life is helping those around him, and showing them that exercise can be fun and enjoyable! Adam is passionate about everything he does in the gym. His motivation and determination are what drives him each and every day. These are the qualities he wishes to share with his clients and the many people around him. "Pain is temporary. Quitting lasts forever!"