

"I started working with Adison 6 months ago, I was already going to the gym to lift 4 days a week and doing hours and hours of cardio but still wasn't succeeding. I was still overweight and wasn't sure what to do. I even had friends say, "I don't get how you're not skinny without much you work out." I reached out after finding her on Instagram and immediately felt the passion she had for health, fitness, and helping others. Each check in with Adison she shows so much compassion and drive to see me succeed. She gets emotional with every hurdle and bump I get over. One thing I love about her is I can text, call, email her and I know she'd respond within a couple hours even though she has a busy life of her own. Adison puts her clients first and I feel empowered, driven, motivated and lucky to have her as my coach."

-Mykala Walsh

"I started working with Adison in January of 2018 with the goal of competing in my first NPC bikini competition. She not only helped me prepare for my show, but she helped me build a healthy lifestyle and habits that go far beyond competing. Most coaches just give you a meal plan and training split with no evidence to back it up, but Adison went out of her way to explain every protocol I was given, which in turn taught me so much about nutrition and living a balanced life. She was able to push me when I needed to be pushed, and she has been nothing but positive in our time working together. I have been able to reach out to her at any time if needed, and I've never had a coach that was so easy to communicate with and that genuinely cared about my life beyond fitness. I truly could not ask for a more passionate and dedicated coach, and I consider her not only my coach but one of my close friends!"

-Regen Morgan

"Deciding to work with Adison was one of the best decisions I've made. I've been lifting for about 5 years and am studying exercise physiology. For those 5 years, I struggled with my body image and was so stubborn to reach out for help. I found myself having a bad relationship with food. I was in a constant cycle of restricting and binging. Adison has pointed me in all the right directions and has given me the guidance I needed. She helped me not only with physical change, but most importantly she helped me mentally. She's shown/helped me with self-control and balance. This wasn't only eye opening with food and my diet but with everything in my life. I found confidence in myself because of her and it shows through all aspects of my life. She is motivating, encouraging and gives me the tough love I need when I'm not perfect. She pushes me to achieve my goals. With Addie studying Human Nutrition Science Dietetics, I feel extra comfortable working with her, as she knows her stuff and studies this day in and out."

-Natalie DeFranco

"Working with Adison has been nothing short of amazing. She exceeded all of my expectations. Going into this lifestyle change I was honestly skeptical if it was going to work, had never tracked macros, but it has freaking worked and science is so freaking cool. Adison answers any questions at any time and responds to check ins in a timely matter! She genuinely cares about her clients! Here and some before and after pictures!"

-Meghan Norton