

JOE ADAMS

Age: 27

Full-time personal trainer, full-time college student pursuing bachelors in business administration, model for Pathways Talent Services

I moved around quite a bit growing up, but spent most of my childhood in Georgia and my high school years in Pilot Mountain, NC. I played all sports, but once I got to high school I put all of my efforts into football. That was my love. But I was 18 and hanging out with the wrong type of people and as a result, I began heading down the wrong path.

Like so many people, I had a secret, I had an issue with prescription drugs. I was lazy, and didn't know what I wanted out of life. All I did was dream and try to escape the pressure of being so lost. I now know it was childish and immature of me. Adding to my stress, my family has always been a blessing, they always pushed me to do right. I have always had the best parental figures to look up to. So I hid my problems because I feared they would be disappointed.

Joining the Military

While I was attending a university in NC, I woke up one morning late for class yet again. I felt like hell, was out of shape and examined my failing grades. I was extremely disappointed and honestly disgusted with myself. I looked at myself in the mirror, examining every flaw in and out, but also saw the potential I had to do something with my life and succeed. That's when I decided to join the military. I spoke to many veterans of all different branches and based on their



Photo by Kim Reasonover Photography

suggestions, I went to the Air Force recruiter with my best friend who was also going through the exact same thing as I was. I was 19, and on November 1, 2009, I started basic training.

While I had been in shape through my football years, prior to bootcamp I needed to lose a little weight to get in shape. After bootcamp, I began going to the gym every day and fell in love with fitness.



Photo by Kim Reasonover Photography

Lessons Learned

The military gave me a sense of working for something that was much bigger than I am. It gave me a strong sense of purpose and fulfillment. Initially, I had thought I found what I wanted to do for the rest of my life. Eventually, I realized that I wanted to try civilian life again, with a different mindset. I have six years in the military to thank for that.

Personal Trainer

I met Preston Perry at Brian's Man Cave barber shop in Mount Juliet, TN. We kind of knew each other, but had never formally met until then. He invited me to Gorilla Warfare, and our relationship and my employment grew from there.

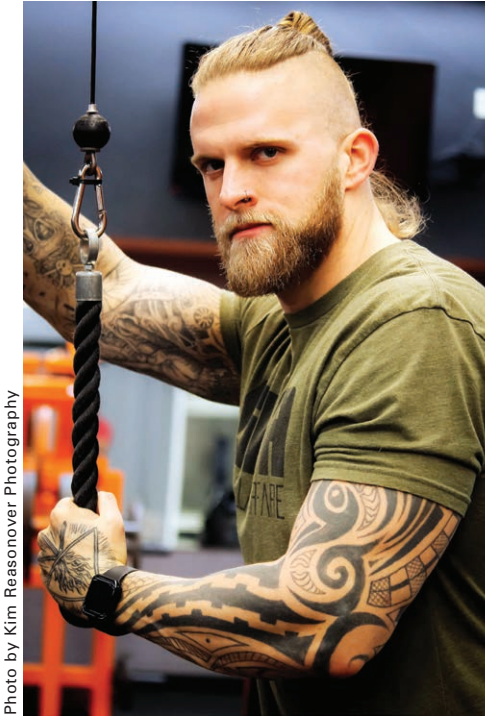


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Plain and simple, I knew I wanted to help people accomplish their goals. The commitment and dedication that it takes to reach your fitness goals translates to every aspect of life. I want to show people that with consistency, hard work, and discipline, results will happen.

Future Goals

I am currently attending college. My goals are to keep training while I'm interning to try to determine what the next path will be for me. I plan to always be involved in fitness, and be a good influence for young adults that may need a push into the right direction. Down the road, I'd love to open my own little gym but for now, my focus is school. Only time will tell!

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