

Shaun Hadsall
Co-Creator Get Lean In 12
Exercise Technologist
Body Transformation Expert

Get Shaun Hadsall talking, and the first thing you'll notice is his enthusiasm and energy. Creator of Get Lean In 12, he was one of 12 fitness instructors awarded Club Solutions Magazine's "Most Fit Health Club Professional" for November 2008. This prestigious award is a worthy addition to Hadsall's awards and achievements in the fitness industry. A self-proclaimed "hillbilly from Birch Run," Hadsall uses his humble beginnings to teach people around the world how to achieve a healthy life-style for the body, mind, and soul.



Shaun's passion for health & fitness began fresh out of high school at the early age of 19. After participating for years in sports such as basketball, football, and baseball, Shaun began training with weights as a means of replacing sports.

Coincidentally, Hadsall admits that the catalyst for his current career and lifestyle began with another contest 10 years ago.

After strength training hard for several years (6 days a week, 2 hours per session) with mediocre results, Shaun eventually reached a plateau. Convinced that "more" was better, it was only natural to train longer and harder thinking it could push him through his plateau until he almost completely burned out.

Frustrated from wasting time and money, along with his consistent effort to succeed and passion for fitness, he began studying, educating and researching relentlessly. Then, one day in late 1997 Shaun picked up a magazine and saw "real life" success stories from a before & after contest. Not only were these stories inspiring, they were "life changing." With an intense desire to look, feel and act like these people and being inspired to change his life for custody conflicts over his 6 year old daughter, Shaun immediately entered the contest.

Although he was initially drawn to the contest for physical results, he quickly connected with success stories of past winners who had overcome obstacles that mirrored Shaun's own challenges. "I read a story about a father who had struggled because he wasn't able to see his kids, and I immediately related to it." Hadsall, a young father at the time, explains, "I wanted those changes in my own life. It inspired me to change my philosophy, the people I hung out with, my lifestyle, and actually pursue legal visitation rights.

By the end of the contest, he had joint custody of my daughter, had paid off all his debts, and mended broken relationships.”

With over 200,000 entries and over 20,000 finishers, Shaun was fortunate enough to be 1st Runner-Up in the 1998 EAS “Physique Transformation” (Now "Body for Life") Contest.

“After completing my physical transformation, I realized every area of my life had become more rewarding and fulfilling and I had a deep desire to share that gift with others.” Inspired by his success, Shaun moved on to achieve a level 2 Training Certification and became a Certified Exercise Technologist.

To reach even more people, Shaun opened up a Fitness Together personal training studio franchise in Ann Arbor, Michigan in 2004 to reach as many people as possible. Within a year, they were a Top 10 franchise in the world and they even selected Shaun as a Fitness Franchise Superstar out of over 300 owners in 2007.

Hadsall sees fitness as the anchor to strengthening every other area in life. “Knowing that I can discipline myself with fitness and nutrition fuels my drive to be successful in other areas such as being a parent, husband, business owner, and Christian.”

After his life changing contest, ([Click here](#) to see Shaun’s life changing transformation) Shaun became a Certified Exercise Technologist and is now a Body Transformation Expert, showing people all over the world how to achieve spectacular results with very minimal hours of training time per week.

He has performed his seminar in front of thousands of people. He has also been featured as a spokesperson for supplementation on ESPN, received a 2nd place finishing at the 1999 World Natural Sports Championships, and been featured in Fitness Magazines such as; Real Solutions, Muscle Media, Oxygen Fitness, and the recently released “Maximum Growth” Volume II 8 Week Innovative Muscle Size and Strength Program.

Shaun specializes in showing people that if you can focus less than 5% of your time weekly on the right type of training strategies and practice proper eating habits, that you will look better, feel better, have more energy, and at the same time dramatically improve every other area of your life.

Shaun's priorities and passions include God, his relationships with his wife and children, health, and of course helping transform people’s lives mentally and physically through the Get Lean In 12 System. "I know that if we can focus a very small portion of our time weekly on proper training strategies and eating healthy, those disciplines will automatically cause the rewards and focus to be 10 fold everywhere else."

"This contest has taught me the greatest lesson of life; that our circumstances and results in life are shaped by our actions, the decisions and choices we make, not our family, our race, or our upbringing."

Accomplishments Include:

- 1998 EAS (now "Body for Life") Physique Transformation 1st Runner-Up
- Official Spokesperson on ESPN for EAS & Essential Nutrition
- 1999 World Natural Sports Championships 2nd Place
- 2000 Male Physique of the Month, Oxygen Magazine
- Featured in "Maximum Growth" Volume II- 2005 innovative muscle & strength training guide
- 2007 Selected as a Fitness Together Franchisee Top 10 Superstar
- 2008 Voted America's Most Fit Health And Fitness Professional
- 2008 Creator of Get Lean In 12

Wendy Chant
Co-Founder Get Lean In 12
N.Y. Times Best-Selling Author



Dedicated in memory of our mentor and dear friend
WENDY LYNN CHANT, 1965-2009.

Wendy inspired and motivated all of us here at Get Lean In 12 and countless others to always strive to be better. Her discipline and work ethic served as an example of what we all should aspire to achieve.

Wendy was born in Woodbury, NJ and moved to Florida in 1986. Traditionally a trend follower who “over-exercised”, Wendy learned a totally different and unique “anti-diet” approach to fat burning nutrition through her relentless education and pursuit of finding a solution for people to have a simple, long-term approach to not only lose weight, but to keep off the weight forever.

A certified Master Personal Trainer and Specialist in Performance Nutrition, a former marathon runner and champion body builder, she took her skills and founded Forever Fit in 1998 and launched her famous Macro-Patterning Nutrition and “7 Day Diet” that’s she so famous for.

An inspirational speaker, she took her message to those in the Central Florida area through her fitness and nutrition boot camp. She was also a New York Times Best Selling Author.

Most recently, before she lost her fight with Cancer, Wendy was featured in FIRST Magazine teaching hundreds of thousands of people how to fix their broken metabolisms.

Wendy’s latest project, Get Lean In 12, played on all her strengths as a visionary. By utilizing Internet Video Coaching to spread her life-changing message on a global level, Wendy partnered with Body Transformation Expert, Shaun Hadsall, to help carry on her legacy and continue to help people Crack The Fat Loss Code for years to come.

Each of these endeavors embodies Wendy’s heartfelt mission- to motivate and help others transform their lives and their health through positive lifestyle changes with an “Anti-Diet”, habit-building approach.

Wendy lived with a passion: duty and obligation to make sure people heard and understood the fat loss and fitness truth. We greatly miss our teacher, coach, and motivator.

Although you are greatly missed, we will continue to carry on your name and legacy by helping people Crack The Fat Loss Code with Get Lean In 12!