

The Gift of Moving

In early October I hosted a fundraiser for the Canadian Cancer Society in memory of Angela Scauzillo, a very special client of mine who passed away from cancer this year.

Fitness that Fits offered eight free fitness classes on Sunday, October 2nd to those who wanted to donate to the Canadian Cancer Society. All proceeds went to the Canadian Cancer Society. The instructors donated their time to instruct the classes and get the clients moving!

Angela's husband, Michael, supported the event and we even had Angela's daughter, Alessia, participate in one of the classes too.

What was quite remarkable was the powerful feeling of energy that occurred on that day at the studio.

We had a beautiful spread of food, treats and coffee all donated for our event.

We had clients that wanted to donate to a great cause and some also participated in one, two, even three classes.

It was an amazing feeling of energy of people all in the same frame of mind, celebrating their ability to move!

What moved me the most was the generous donations we received from neighbouring businesses:

- Young's Produce
- Starbucks
- Sanremo Bakery
- COBS Bread
- Pasta Gourmet
- Tangerine Salon
- Lakeshore Village Massage Therapy
- Bruno's

It touches my heart how these companies that probably support many events like mine were still able to make our event special. We build relationships with the people that work in these companies and it is the relationships that make them stand out from the rest.

A huge thank you to all of our sponsors. If you ever wonder if you make a difference in someone else's life, I can honestly say yes, most definitely! You truly made a difference by helping move our clients in more ways than one and for that we are most grateful!

It is an incredible experience to watch people be energized by exercise, music, food and drinks!

Are you ready to be energized for the holiday season and celebrate your ability to move? If so and you need a shove to get moving, then give us a call!

Submitted by Nadia Bender

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