

# An Unexpected Birthday Present

For my 51st birthday, my wife gave me 20 Personal Training sessions at Fitness That Fits. The gift was unexpected and it felt odd, being told in effect that I was getting too fat.

But it wasn't as odd as she felt two Christmas' earlier, when I got her and her sister gifts of FTF Boot Camps. Sure it was a high risk gift but she had been asking for a treadmill and I was reluctant to buy one and have it collect dust.

When giving the gift, I told her if she finishes the Boot Camp I'd get her the treadmill she wanted. She didn't enjoy the Boot Camp at first because of the hard work-outs, but in the end her results were outstanding!

She even did two more Boot Camps! In one of the Boot Camps, half of the class was made up of her and four friends. They had seen and experienced for themselves the difference working out at FTF made in their figures.

The treadmill has seen little use - my wife instead attends the fitness classes at FTF.

## Using My Birthday Gift

In my initial baseline evaluation my weight, measurements and my goals (e.g. lose weight, especially the "man boobs") were recorded. I did some exercises that were timed, to log how little I could do, and received an FTF food journal to record what I eat for later review by Nadia.

The next day the back of my arms were screaming! Two days later at my first Personal Training session, Nadia asked if anything hurt. My arms still hurt and I wasn't too keen on more pain!

When she got me to pick up some weights I thought "Oh no, this is going to hurt". To my surprise, she was able to work my arms in different ways and totally avoid the areas of pain.

Nadia had heard my concerns and knew enough of how to work me without making the injured parts worse - that really impressed me. Scheduled Personal Training sessions have forced me to be there on days when I just didn't feel I had the mental or physical energy to workout. If I had joined a regular gym I wouldn't have worked out those days.

Nadia doesn't seem to understand the notion of not feeling up to a hard work out. Her drive and motivation kind of scare me but it keeps me from slacking off in my work-outs.

All that said, when I really do feel under the weather she knows what kind of workout I can do. I usually leave the studio feeling much better than when I came in. The variety of exercises Nadia comes up with keeps the work-outs interesting. My routine has become two Personal Training sessions during the week and an FTF class with my wife on weekends.

## Looks Like It Worked

Nadia checked my weight and measurements after 18 Personal Training sessions - 3 months after my initial assessment.

I have lost 18.6 pounds and about 12 inches from different parts of my body. I feel better and have gained a lot of flexibility and strength. Many people have noticed that I've lost weight and my speed and endurance playing hockey has improved tremendously.

As much as I feel like Personal Training cost me a small fortune, I bought 20 more sessions for myself. Feeling stronger, healthier and not as old is a real good thing to spend money on! The man boobs are not quite gone but we're going to keep working on them until they are!

~ Al M.



*Before*



*After*



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