

Want to know how I did it?

Rewind to 2009....okay rewind a bit further (when did you start Fitness that Fits Nadia? 2007) every day I drove to work, parked and looked in my rear view mirror and could see the Fitness that Fits sign and thought "I should do that".....well time went on and the sign grew to "We are expanding so you won't!".....well I did (expand) and I continued to park daily, look in the rear view mirror and say to myself, "I really should do that".

In January 2010 I made the decision and joined Nadia's FTF bootcamp. I was so pleased with the results I joined a second one directly after and lost a total of 19 inches and 10.8 pounds. Not only did I get great results following the instructions and guidelines, I felt strong, energized, and healthy! I became a FTF member and attended classes to continue towards my healthier lifestyle goals.

Now fast forward almost five years and a few trials and tribulations, I found myself struggling to get back into my routine of regular exercise and a lot of dietary "oh that won't matter" (guess what it does!). I needed a structured kick in the pants. I joined my third bootcamp with Nadia at FTF. Great results again (6.2lbs and 8.5 inches lost).

Then those old habits slowly, inconspicuously sneak in. You get busy with work and life and I started to notice my strength weakening slightly and my body shape changing. I can now recognize these changes faster and identify my need to make tweaks to my routine before it gets too far. I joined Nadia's Get fit Program. Yes, I have a FTF membership and I could have upped the number of classes I attended. However signing up for Nadia's Get Fit Program gives me the dedication and willpower to make the healthy decisions, sacrifices, and makes me avoid temptation. I lost 5.8lbs, 5.5 inches and can do mens pushups! Nadia's Get Fit Program gets results and it is worth it.

I can only imagine what it would be like staring back at me from the mirror if I hadn't acted in 2010. It is sneaking up to 6 years of being active with FTF and I am so happy I met Nadia and her FTF team. I am now 15lbs lighter and 18 inches smaller then I was in 2010! You are not going to get results just thinking "I should do that". Don't wait like I did, do it now!

~ Helen D.



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Fitness Classes - Personal Training - Nadia's Boutique Get Fit Program