

# Want to know how I did it?

Fitness has always been important to me and I have attended various fitness classes since the early '80's. In recent years, however, I've found it harder to maintain my weight and I really noticed that my body had slowed down over the last few months. I was having little success on my own in trying to both lose weight and increase my fitness level. A couple of friends had achieved significant results at the Fitness that Fits Boot Camp and I decided that it was likely my best bet for making a change.

At first, the idea of "boot camp" seemed overwhelming, but once I met our group and we started working out together, I came to look forward to each session. While the workouts were really challenging, the encouragement provided by



Nadia and the other participants was amazing. There is so much variety in each class that time literally flies by. Altering my eating habits was also a lot easier than I had anticipated because of the information and support provided to the group. At the end of the first week, I had already noticed changes - I looked slimmer and felt really strong and energized.

By the end of the boot camp, I had lost 7 pounds and 8 inches, and felt fantastic. Now that I have seen the results from those four weeks, I am really motivated to continue pushing my fitness level.

Thanks to Nadia and her staff for making my boot camp experience so rewarding!

**Anne Dods**



Happy New You Fitness Boot Camp (Jan 10 - Feb 4, 2011)

2nd Chance Resolutions Fitness Boot Camp (Feb 11 - Mar 9, 2011)



[www.fitnessthatfits.ca](http://www.fitnessthatfits.ca)

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