

Want to know how I did it?

I was desperately looking to improve my health and lose weight. Personal training with Lisa and support of the wide variety of fitness classes I received at Fitness that Fits, is the reason for my success.

I lost 20 pounds in 2 and 1/2 months, which is all contributed to following a daily exercise program and a change in diet with the addition of USANA Health Sciences low glycemic shakes and high quality vitamins provided by Fitness that Fits. I learned so much more than I have ever read in any fitness magazine or diet book and I have read them all. Lisa, personal trainer at Fitness that Fits, customized a program to work for me and as a result I dropped down 2 dress sizes!

More importantly, I no longer depended on coffee and exercising became a natural part of my day that I now look forward to. My daughters see a happier mom and they see me taking better care of myself.

Thank you Lisa and Fitness that Fits!

Debbie K.



Register Now for 2nd Chance Resolution Bootcamp
starts Feb 8 2012!



www.fitnessthatfits.ca

416-231-BFIT (2348)

Kingsway Studio
4214 Dundas St W
Etobicoke ON

Fitness Classes - Personal Training - Fitness Boot Camps