

Want to know how I did it?

Being physically active and challenging myself has always been part of my life.

Whether it is being a member of a gym, a running group, a pilates class or a golf club - being active has helped me get through many of life's challenges.

Over the years I've completed 6 half-marathons and celebrated a "big" birthday by training for and completing a mini tri-athlon.

I love the training process and belonging to a fitness community really motivates me. So on returning to Canada after a 10 year absence I was definitely looking to find a new fitness "home". I did eventually join a fitness facility but my motivation to go to the classes just wasn't there.

I couldn't put my finger on what was missing so I started looking around for something else. Something to 'fit' my lifestyle, something that would bring me back to fitness and that's when I discovered "Fitness that Fits".

Fitness that Fits more than met my expectations. My motivation and participation returned. Nadia (Owner / Personal Trainer) made it easy to make fitness part of my life again.

Nadia is the personal in "Personal Trainer". Her own story is very compelling! Her commitment to help me achieve my goals, plus her knowledge and skill were key motivators for me - quite simply she got me moving again.

My fitness journey continues... I already see great benefits from personalised workouts. And even though I am dealing with some recent physical limitations, Nadia has worked with my

physio team to ensure my training has been customized to aid in the healing of a torn meniscus.

A chronic shoulder injury is also a culprit that requires customized workouts and Nadia carefully monitors my form so that further injury doesn't occur.

The goal is to keep me moving, build strength and endurance and I am truly enjoying it. Every challenging workout is a carefully planned step towards my goals.

So, whether you're on top of your form or working through injury, like me, or just trying to make fitness a part of your life again, Fitness that Fits, always offers a safe, supportive and friendly environment.

See you there!

~ **Wendy A-P.**



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Fitness Classes - Personal Training