

Want to know how I did it?

We have been clients of Fitness that Fits since September 2017 when we made a decision to invest in ourselves to achieve a healthier lifestyle. The process from our initial consultation with Nadia to the design of our program to setting appointments has been easy and efficient. Although our fitness goals are different, Fitness that Fits has provided us with a Couples program that is not only perfectly tailored to our needs, but is interactive, constantly changing and effective!

Our fitness goals were generally focused on strengthening our core to help minimize back discomfort and pain but we also wanted to both tone our bodies by creating muscle and to improve our overall health and well being. After the first month we already noticed significant change in terms of our energy level, minimizing our "aches and pains" and a general feeling of improvement. After multiple sessions and a steady commitment to the program, our body shapes have changed - losing 'bad' weight, gaining muscle and with our overall health and well-being improved beyond our expectation - and, we have had a lot of fun in the process! We have signed up for another block of sessions with Fitness that Fits and have managed to make our fitness routine part of our regular routine.

Nadia's passion for fitness and health combined with her ability to continually challenge us to achieve our fitness goals is what sets her apart from other personal trainers. We have been very impressed with Nadia's knowledge and expertise and her ability to connect with us, motivate us and challenge us. While

working with us Nadia tailors our workouts to our individual needs, setting realistic but challenging goals. Her commitment has helped us to commit - and the results speak for themselves.

We would highly recommend both Fitness that Fits and Nadia for anyone ready to invest in themselves to achieve their fitness goals.



~ Leigh & Mark



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Fitness Classes - Personal Training