

Want to know how I did it?

I have been trying (for a long time) to get myself motivated to work out on a regular basis and increase my core strength and cardiovascular health. After some research I came across Fitness That Fits. I dropped in and spoke with Nadia (the Owner) and she set up an appointment for my baseline fitness evaluation. The evaluation was tougher than I expected but I now had my starting point and I was very motivated to improve beyond it.

For the past 3 months I have a minimum of two weekly personal training sessions. My personal training sessions are customized, creative, fun....and tough. My sessions may include equipment such as, a Bosu, a small trampoline, spin bike, hand weights, resistance bands, jump rope, TRX, pilates ring, medicine ball or one of the many other items found at Fitness that Fits studio. I appreciate the thorough notes that are taken for each of my personal training sessions regarding exercises, how many I can do, how much weight I can lift as well as checking my heart rate. Nadia talks to me during my sessions about my form, my alignment, as well as what my food intake is like and she provides guidance and healthy options. During my personal training session, Nadia will demonstrate the exercise and make



certain it is being done correctly for maximum benefit and to avoid injury. When you think you can't do any more, Nadia is there to motivate you and gets you through the exercise set.

I just recently started to attend some of the fitness classes that are offered by Fitness That Fits. The instructors are professional and they will demonstrate adjustments depending on your level of fitness.

Already, I'm feeling stronger in my core and can push through the cardio with more strength and stamina than when I started, and the bonus was that I actually lost 6 1/2 inches and 3 pounds.

Thank you Nadia and staff for providing the constant motivation, care and concern for my new healthy lifestyle!

~ Joanne



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