

# Want to know how I did it?

I began participating in classes at Fitness that Fits in September 2012. Having just graduated from McGill University I was starting my career at an accounting firm in downtown Toronto. I wasn't unhappy with my body, but I was out of shape. I knew that as a 21-year-old girl I could look and feel better if I put some effort into my personal fitness. I had tried several times to get into exercising by purchasing a membership at a local gym, but every time I tried, I got bored after a few weeks and the rest of the membership went to waste.

I learned about Fitness that Fits through my Mom. She was incredibly passionate about fitness, and for several years, she attended more than 5 classes at Fitness that Fits per week. In June 2011, my Mom lost her battle to Melanoma skin cancer. After a very tough year, I could not think of a better way to honor my Mom than to seriously incorporate exercising into my routine.

I came to Fitness that Fits because I knew there must have been a reason why my Mom loved it so much. Now I know. The classes are challenging, but the instructors are very motivating. Every time I go, I leave feeling strong and confident. It didn't take a drastic change to get into shape. Given that I am working full-time and studying to become a Chartered Accountant, I have a very busy schedule. For the last eight months, I have been attending two fitness classes per week, three if I'm feeling ambitious. That alone has made a world of a difference. After long, grueling days at work, I really look forward to my evening classes at Fitness that Fits. Not only is it a place where I can come to re-energize and get stronger, but it's also a place where I can feel close to my Mom on a regular basis. I feel proud that I'm following in her footsteps.

She is my motivation, and although I wish she were here to see how far I've come, I know she is watching over me and proud of this change I made in my life.

Why do I work out? Because I can! I can still picture my Mom coming home from her classes saying, "Those ladies are so afraid to pick up the heavy weights. I always tell them, just pick them up they aren't going to kill you!!" So at the beginning of every class, I pick up the heavy weights to make my Mom proud.

When I started working out in September, my goal was to be fit, strong, and healthy – and thanks to Fitness that Fits, I was able to achieve this goal and maintain it! So, thank you Fitness that Fits!

~ Alessia S.



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

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