

Want to know how I did it?

I was always thin in my teenage years, but it wasn't until I entered university and started drinking and eating out frequently, that I noticed I started gaining weight. I always exercised and was active, but was convinced the way to lose this weight, thanks to the media, was to go on an extreme diet. I mean, extreme diet = extreme results, right? Thanks to the new millennium, all new diets seemed to emerge weekly. I started the Atkins diet, where I only ate high-fats: red meats, eggs, cheese, etc. From someone who used to love fresh fruit, vegetables and pasta (I am Italian, after all), all of these foods were shunned. I began eating foods I never really liked, and doing heavy weight-lifting and having pills with caffeine. Not good especially for my heart arrhythmia I discovered a decade later! On this regime, I was allowed to have a cheat day, where I instantly ate every carb & sugar in sight. I think I ate more calories in that one day than all week! Of course, this caused me to balloon in weight. After not being able to keep up with this diet, I moved to a low-fat, low-calorie diet, where I always felt hungry. Again, I allowed myself to cheat on the weekends, but food was always on my mind, I felt deprived and frustrated. I worked out at least 4 times per week, why was I continuing to gain weight? At my highest point, I remember looking at the scale and being 153 lbs – on a 5'4 frame! I was always used to being 115-120lbs. Feeling upset about the way I looked and felt, I was determined to lose the weight. I then started doing Muay Thai workouts, and after breaking my leg in a sparring match, I gave up. Slowly, I started back working out doing aerobic classes at the local big-box gym. High cardio, low weights and lots of repetition and plyometrics. I eventually got down to 127lbs and during this time, I decided to stop dieting and eat what I wanted when I felt like it.

8 months later, in October 2014, I moved to Etobicoke, moving in with my fiancé and began my quest for a local gym. I searched on Google "Fitness Studio Etobicoke" and found FITNESS THAT FITS. I started that evening and after loving my first fitness class at FTF I joined immediately. I found that doing aerobics and muscle conditioning was a great combo especially to strengthen my heart. What I love is that FTF has small intimate classes and I enjoy how each class is customized for the clients who attend. The bonus is that I live 5 minutes from FTF and my workout allows me to be in and out within an hour.

Now, almost two years later working out consistently at Fitness that Fits, my weight (which I never weigh myself unless I am at the doctor or in a hotel with a scale) ranges between 112 – 115lbs. I am the smallest I

have ever been and have not dieted in years or focused on numbers on the scale. I eat whatever I want, when I want and notice now that food is not constantly on my mind, I don't have any more ridiculous cravings, I can buy a litre of ice cream and it will sit in my freezer for months.

Thanks to Nadia and her amazing workout classes, my body is always being challenged and I never seem to plateau as the workouts are constantly different and challenging.

An added bonus is Nadia's knowledge of heart conditions, she has given me tips and tricks on how to avoid activating my heart arrhythmia while performing aerobic activity. I really cannot thank FITNESS THAT FITS enough, my body has never looked better. I am toned and feel confident...and know I will never diet again!



~ **Lina Policaro**

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