

Want to know how I did it?

"When I joined Fitness that Fits, it had been over 5 years since I had exercised on a regular basis. Trying different exercise programs on my own never worked for me – I knew I needed help. I wasn't looking for a quick fix but rather help in making some lifestyle changes.

Over the past five months, I've done weekly personal training sessions with Nadia and Nadia's Boutique Get Fit Program. With Nadia's guidance I've also started working out at home a few times a week. Nadia's support has also allowed me to gradually make changes to my eating habits, but nothing that makes me feel deprived.



I love my sessions with Nadia. The workouts are challenging but its worth it for the great night's sleep I know I'll have that night. My strength and cardio has drastically improved and I'm no longer afraid to step out of my comfort zone.

In five months, I lost 17 pounds and a total of 17.5 inches and I now actually look forward to working out. I'm half way to my goal and now have confidence that with Nadia's continued guidance I will reach it and that fitness will remain a part of my new lifestyle!"

~ Megan



www.fitnessthatfits.ca

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