

Want to know how I did it?

I started at Fitness that Fits to help me recover from a shoulder injury. When you are in your late 60s, you have accumulated a number of aches and pains and old injuries so I expected the workouts would be somewhat challenging. I had been taking Pilates classes before my latest injury but I knew I needed something more. I signed up for classes that had cardio with weights.

From the very beginning, Nadia, the owner/instructor was of great help to me. She made a number of modifications that took into account my history and my limitations. In fact, she modified my routines to the point where I did not feel at all out of place with the rest of the class. I was right; it was a challenge despite the accommodations made for me but after the first three months, I began to see encouraging results. My pain lessened and I had more energy. I had started by attending two cardio/weights classes a week and soon I increased the number of classes I attended to two to three a week as I built up my strength and stamina.

I have attended Fitness that Fits now for three years. I have lost 10 pounds - to an ideal weight - and put on needed muscle. I am able to move well, to run, to cross-country ski without worry or struggle. I have energy, enough to attend cardio/weights two and, often, three times a week. I have kept up with Pilates and have added Yoga.



Being in my late 60s, I now have enviable flexibility, range of motion, balance and strength thanks to excellent instruction, customization of my daily routines and all round encouragement from the team at Fitness that Fits.

~ **Sandi Ralph**



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Fitness Classes - Personal Training