

# Want to know how I did it?

I just finished boot camp and I feel great! I lost 10 pounds and 9 inches! I am back in an exercise routine and watching my food choices and portions. I am motivated to keep going and stay healthy. This is my 5th Boot Camp with Nadia at Fitness that Fits. Each time I am challenged, encouraged, and pushed to meet my fitness goals. I also am Personal Training with Nadia and what a difference that has made to help me with improving my form, posture and body alignment. I find that the personalized attention gives me the kick I need! Nadia and her



team of certified trainers motivate me to work hard and it really helps! A great camaraderie is built with my fellow Boot Camp classmates each time. We help each other to keep going. The hardest part for me is afterwards, when I fall back in to bad eating habits. So, I do Boot Camps 2 times per year. This keeps me healthy, active and on track. I highly recommend Nadia's Fitness that Fits Boot Camps for anyone like me who is trying to get in shape, to lose weight and to feel better about themselves!



*~ Karen*



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

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