

# Want to know how I did it?

I've been a member of Fitness that Fits for 6 years. I really enjoy the atmosphere of the studio – the classes are challenging and fun, the participants are friendly and the instructors are wonderful. They call you by name, have an understanding of what you may need to modify and generally just keep you motivated!

My weight has yo-yoed over the years - I lose weight and then it finds me again. It was on an upward swing last spring and I decided to do something about it. Knowing that I would be attending a summer wedding, I bought a beautiful dress that was a size too small to give myself a strong incentive to drop a dress size. I started to focus on my food intake/nutrition and started to shed pounds. Each weekly weigh-in showed a loss - sometimes small but always in the right direction.

Ramping up my fitness attendance to four classes a week at Fitness that Fits added another important dimension to my weight loss. I started to see muscle definition like never before! As the weight came off, I became stronger and more agile. I am now very happy with the body reflected in the studio mirrors and delighted by what I'm capable of doing - exercises that would have been out of my realm six years ago. Exercising on top of an upside down bosu ball - unimaginable before but I can do it now!



I am now seventeen pounds lighter and with more muscle definition and tone, that dress once a size too small, is now very roomy!

I'm determined this time to keep the weight off....I'm still doing four classes a week at FTF and I'm feeling healthy, strong and fit!

~ *Shari*



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

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