

# Want to know how I did it?

The thought of regular gym visits and workouts has never thrilled me. Moreover, I could not fathom fitting in workouts into my life, which revolves around a busy career and even a busier household.

However, with each new ski season a severe knee injury from the past was starting to catch up to me, putting constraints on one of my favourite pass times.

As none of us are getting any younger, low and behold, work related postural stress on my back and neck were forcing me to seek relief in physio and massage therapy sessions. These were the reasons that have led me to explore what a physical fitness regimen would do for me. I was fortunate to land at Fitness that Fits in the capable hands of Nadia, a personal trainer 'extraordinaire'.

Twelve sweaty months later, I am happy to say that I ski without a brace on my knee. I stand up tall again and walk with an added "spring" in my step due to the newly acquired strength in my legs, postural and core muscles. My advice to anyone debating about getting started: "Get fit. Feel strong. Smile more."

~ Sky N.



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