

# Want to know how I did it?

It was the summer of 2012 and I was not entirely happy about my appearance. I was a stay-at-home mom to a three year old who was about to start Montessori school full-time and I wanted to fill my days with some constructive activity. I had always loved to exercise and I wanted something more out of my regular 'gym' workout. It was then that I decided to enroll in a personal training course through CanFitPro.

I thought it would be great to gain more knowledge of the intricate details of how muscles work and how to get fit, the right way. I just wanted to do it for myself. I figured, "I go to the gym anyway, why not learn all I can?" It was at this time that I discovered Fitness That Fits from their booth at Taste on the Kingsway. After meeting Nadia Bender and going to see the Kingsway Studio, I decided it was the right fit for me, so decided to take the plunge with a personal trainer. Nadia paired me with a great trainer, Lisa, who kicked my butt into high gear. I could feel and see results almost instantly. When I first started with Lisa I thought I was in somewhat good shape, but I can't believe how quickly my body changed after seeing her twice a week for five months.



I now get lots of compliments, not only from the changes physically, but mentally, I am a much happier and energized mom. I became a personal trainer and most recently got certified as a fitness instructor. I love Fitness That Fits so much, I now train clients and teach fitness classes there! My goal in life has always been to do something I am completely passionate about and to enhance someone else's life by passing on the gift of health. Now that I am with Nadia and the team at Fitness That Fits, I can do just that!

~ Colleen Layug



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

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