

Want to know how I did it?

At 57 years old I can see how my weight gain has slowly started to creep in over the years. That "muffin top" that many of us have, was starting to get bigger and over time my clothes were not fitting as comfortable as they once were. Heart disease and high blood pressure run in my family history so I knew it was up to me to get myself on the right track. It's not that I needed to loose a lot of weight but looking at myself I wanted to do something that would improve my overall appearance, increase my body strength and improve my level of fit-ness.

I was tired of attending a gym where I was always in line for a machine, the classes were overcrowded, and there was no personal attention to me. There had to be something better. Then I found Fitness that Fits. Their web site intrigued me and I decided to check it out. The very first thing I noticed was there were no machines, classes are done with free weights, bosu balls, jump rope, hula hoops etc, all using your own body weight. I knew right away this gym was going to be different. I had to give this a try. The selection of classes, personal training and programs gives a great variety to suit me.

I love the classes at Fitness that Fits. Small classes and professional instructors always come up with fun and enthusiastic ways to keep class participants motivated. I always feel challenged and encouraged to go beyond my comfort zone and achieve the results I want.

In January of this year I signed up for the "Fitness Check In" program. Each week, my coach, Nadia, checks over my daily menu and offers advice on healthy food choices. She also does a weight & measurement check once a month. Nadia gives me inspiration and motivation to keep on track and she definitely practices what she teach-es. She has shown me how to incorporate healthy eating habits and workouts into my daily routine. Combining this program along with exercising 4 times a week I have already reached my weight goal of losing 10 pounds. My overall percentage of body fat has gone from 34.4% to 30.4% . I have lost 4" on my waist, 3" on my hips and I have gained in muscle mass. I am so excited about the results I am getting.

Com-ing to Fitness that Fit's has certainly changed my attitude towards fitness, and proper nutrition. Nadia and her team have shown me there is no quick fix but with dedication and hard work the pounds will come off and my body shape will change. This is by far one of the best gifts I could have given my-self.

I'm sending out a huge thank you to Nadia and all the instructors at the stu-dio. You make achieving and maintaining a healthy lifestyle possible for us all.

The name says it all – Fitness that Fits....



- **Barbara Evans**



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