

Want to know how I did it?

I consider myself a work in progress. I came to Fitness that Fits almost a year ago when I was probably at my lowest point. I was eating wrong, not exercising regularly, and not sleeping. I was in denial about my health. I'd go for walks with my husband and the whole time i'd be trying to muffle my wheezing thinking he couldn't hear me. My sister in law found Fitness that Fits and took me there. She knew that I needed a push to begin.

I met Nadia and questioned why there was a picture of her posing with Dr. Oz on the wall? She told me her story, about her heart attack and how being fit really saved her life!...The idea of beginning, even from ground zero came from wanting a better quality of life, not just from what I didn't like in the mirror. My laziness and habits needed to change. I started training 3 times per week and i'm now beginning to run. It isn't easy but I can't explain how good I actually feel!...I am proud of myself because I learned to change and make new healthy goals. My family sees me differently and I no longer live my life from the sidelines. I'm not quite where I want to be yet, but, who isn't a work in progress?... Thank you Nadia and Fitness that Fits for helping me on my journey!

~ **Robyne**



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