

# Fitness that Fits ME!

"I started attending Fitness that Fits in 2007 because the location is close to my home. I have stayed for 5 years because of Nadia and her staff.

I am personal training with Taylor on a regular basis each week. Taylor immediately recognized my areas of dysfunction, worked with my treatment providers and lead me to my incredible osteopath. Taylor works with the osteopath on my training program, constantly modifying our personal training sessions towards treatment goals.

Taylor deals with my setbacks and successes, deals with my ups and downs and my good and bad days! Because of Taylor, I now have more good days! Taylor has taught me that personal training is not always measured by how much weight I can lift (not much), or how much I sweat (not much), but what works for my own body requirements for range of motion, flexibility and strength to be the healthiest person I can be!

Thanks Taylor and Fitness that Fits!"

~ **Sandra G.**



*Sandra & Taylor, September 2012*



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

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Fitness Classes - Personal Training - Fitness Boot Camps