

Want to know how I did it?

For 47 years, I had been someone who looked at physical activity, exercise, or an active lifestyle as something that other people did. I was sure that any claim that exercise was addictive, was something that you could crave or could reduce stress, was the utterings of crazy people. I had convinced myself that if I tried it I would fail.

But then, 6 months ago, I made the decision to change my mind about what I thought I was capable of. I decided that if I thought I couldn't succeed at something, it was because I had decided that I couldn't. My vision of myself would only change if I changed my vision (and had a little professional help).

I had failed at large gyms many times. I had been intimidated by the size of the gym, the amount of people, that no one would really spend the time to help me figure out what to do with the equipment (that I had NO idea how to use) and the anonymity. I needed a smaller, more intimate facility that would not be intimidating or overwhelming (I was already overwhelmed with my new vision). I knew that I needed the help of a personal trainer to be successful and safe, but also wanted to have access to classes for when I felt able to tackle a more independent exercise program. After some internet research, Fitness That Fits was my choice.

It only took one visit to see that I had found a place where I could and would succeed. A place where my new vision of who I was could be realized. A place where they would believe in my new vision in case I faltered.

I started attending 3 training sessions a week. 6 months later, I look forward to every workout. I can't wait to see what pieces of equipment are waiting for me and what new way I will sweat and challenge my vision of what my body and my brain is capable of. I even try and fit in a few extra classes now that feel I can (and won't either pass out OR embarrass myself).

I find myself saying things like "I can't wait to sweat my stress out" and, "Are you sure that was an hour?". I giggle as I sweat through new moves, and am constantly amazed at what my trainers think I can do and more amazed that they are right.

My husband and three children are happy that I have found time for me, that I put aside every week without fail. Once I committed to the time, I found it was much easier to fit into my busy schedule than I thought it would be. Its MY time.



I am happy that I have found something that lets me have a few chips and a piece of cake, while still needing to buy new underpants because the old ones are too big. My butt sits higher, my tummy is flatter and I have the legs of my youth again (actually, my legs are way better than they were in my youth) and my arms don't wiggle. I wore a bikini on my last vacation. I have NEVER felt better about myself both inside and out.

I could not have done this by myself. I could not have done this at home or with a DVD. I could not have done this with an app. I could only have done this with Fitness That Fits.

~ Nancy P.



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