

# *I did it with Fitness that Fits*

**Running** a marathon had been a goal of mine for a number of years. I had run several half marathons, 30k's and smaller races but "the big one" was always elusive. I knew that I needed to commit mentally as well as physically if I was ever going to achieve this milestone. In 2011 I turned to Nadia and her team at Fitness That Fits. I had known Nadia from previous fitness classes I had taken with her and FtF also came highly recommended from a number of my friends.

I was introduced to my personal trainer Lisa who put me on a training regime that would develop my core

strength while building muscle mass and taking my cardio to another level. She has not only trained me to run my first marathon but I have now run my second and qualified for Boston! Lisa is a runner herself and a very patient but hard core trainer who pushes me on a weekly basis to achieve successes that I really only ever dreamed of.

**“ I have now run my second (marathon) and qualified for Boston! ”**

Thank you Nadia, FtF and especially Lisa for your commitment to helping me achieve my goals. I'm hoping to cross that storied Boston Marathon finish line April 2014 and when I give the thumbs up, it'll be aimed at you!

*~ Jo-Anne S.*

***Turkey Blaster Boot Camp – starts October 28***  
***Call now to book your real results!***



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