

Want to know how I did it?

Fitness that Fits ME!!

I have been working out and dieting on and off for years. I have tried other gyms and DVD's but nothing has compared to my experience with Personal Training at Fitness that Fits!

When I started at Fitness that Fits I weighed 287 lbs and after only 16 PT sessions I now weigh 272 lbs. But my journey is just beginning.

Being a "larger" person I was always intimidated about signing up for personal training at other gyms. When I saw people personal training at other gyms I thought, if that were me I would be on display and people might laugh or make comments while I worked out. Personal training at Fitness that Fits really is PERSONAL! When I work out I am usually the only one in the studio and I can't hide because the mirrors don't lie - yet I don't have to be self conscious. My trainer Christine performed a fitness baseline evaluation with me to find out what I could do and what I wanted to achieve. She designed a workout that is specifically for me and the goals I want to achieve.

The motivation I receive from ALL the staff at Fitness that Fits is amazing. They guide me on how to live a healthy lifestyle that fits me. I work shift work and my eating habits have

not been the best but Fitness that Fits has showed me healthy alternatives to the unhealthy foods and without a need to lose out on the good taste.

Fitness that Fits has made my entire lifestyle change very easy to transition into. I am truly amazed with the results I have achieved in 16 personal training sessions and look forward to what WE can do with the next 16!

~ Chris Z.



www.fitnessthatfits.ca

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Fitness Classes - Personal Training - Fitness Boot Camps