

Want to know how I did it?

It was the question I always dreaded, "are you expecting?" "Nope" I'd say "just fat". For about three years I've been trying to lose that "baby belly" with various exercise programs and regimes. While I did see some change in my body it wasn't enough and I was still being congratulated on my "pregnancy".

I had been working out at Fitness that Fits and decided to give Nadia's Boot Camp a shot. The 4 week program turned out to be so much more than I expected. Sure, there are the workouts 3 times a week and the homework exercises but the program is so much more than that. Nadia looks at your entire lifestyle, what you eat, how much you sleep, what you drink. She helps re-shape the whole you, inside and out.

While the workouts were awesome, it was the nutrition part of the program that made an impact for me. Under Nadia's guidance I changed what, when and how much I ate. This made all the difference and I saw the pounds start to come off and my body start to change.

But it wasn't just me seeing results. I brought the things Nadia taught me into my home. We started eating healthier as a



family, having regular snacks and drinking much more water. We never felt deprived just invigorated. By the end of my boot camp my husband had lost 15 pounds! We both feel much better, have more energy and are just plain happier. These changes have been life altering, since Boot Camp has ended we have both continued to eat better, lose weight and my husband has even started exercising!

Nadia was and is committed to my success. She always took the extra time to explain something, answer questions or just offer encouragement (or a good butt kick when needed). With the support of Nadia and the entire Fitness that Fits team and my fellow boot campers, I have achieved much more than I ever thought I could in four weeks.

Now instead of people asking me if I'm pregnant, I'm asked "have you lost weight?" and that's a question I don't mind answering!

Liane Hunt



2nd Chance Resolutions Fitness Boot Camp (Feb 11 - Mar 9, 2011)

Spring Fever Fitness Boot Camp (Apr 25 - May 20, 2011)



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