

# Want to know how I did it?



I have avoided exercise most of my life but during a very stressful period in my middle to late 50's the pressures from work, family and life in general were taking a toll on my health. I had no energy and I knew that I had to take control of my physical well-being. I saw an ad for Fitness that Fits in the local newspaper and thought, "What have I got to lose?"

Nadia greeted me with her warm & friendly manner and I felt comfortable immediately. Nadia helped me to realize that it is never too late to begin to exercise and that anything is possible. Through hard work I am now 15 lbs lighter and have muscle where there was flab. I am a new person physically and emotionally and now have energy and the stamina that I can now prepare to be a grandmother.



before



after

I can never thank Nadia and all her wonderful staff enough for helping me to change my life! This is from the girl who always skipped gym class. Thank you Nadia! Thank you Fitness that Fits for helping me prepare for the next stage in my life, staying fit & healthy!

~ **Enza P.**

P.S. I still have a love-hate relationship with exercise, but if I can do it, you can too!

## Bikini Ready Boot Camp (May 23 - June 18)



# Fitness that Fits

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

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Fitness Classes - Personal Training - Fitness Boot Camps