

Want to know how I did it?

Before starting at Fitness that Fits, I did not exercise at all. Now since coming consistently to my personal training sessions, I am enjoying it and best of all I am happy with the positive results.

I chose Fitness that Fits as my place to work out in because I wanted a personal trainer who would work with where I am physically and who would fit the exercises to match my abilities.

Nadia, my Trainer, is working with me to improve my balance. In the past, I have suffered many injuries from falls due to my dizziness and poor balance. Now I'm also taking a course on how to improve brain health and overall health for seniors 50+. The course focuses on the importance of improving your balance to help prevent falls. I learned from the course that a fall is the beginning of a downward spiral to death. That statement sure grabbed my attention and my desire to work on my own balance issues.

Within a few months at Fitness that Fits, my balance has markedly improved and best of all, I have not experienced any falls. In addition, I am very happy that I have experienced less dizziness and nausea too!

I also learned in my course that exercise is even more important as we age. Exercise is great for brain health and helps ward off dementia. My father had dementia and I want to take specific actions that will help keep me healthy and independent in the future. In my personal training sessions, Nadia puts me through a variety of exercises and challenges my brain as much as my body with her creative style of a workout. When I come into my personal training session with a sore neck or shoulder, Nadia always listens to my needs, and customizes my workout.



Hearing Nadia talk about the importance of exercise and now also learning from my course how important improving balance and exercise is, has reinforced my decision to keep exercise as a new habit in my life. The benefits I have already experienced after just a few months at Fitness that Fits is very encouraging and affirms that I am in the right hands.

~ **Anna D.**



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Fitness Classes - Personal Training