

# Want to know how I did it?

Although I consider myself an active and relatively fit person, I've never really enjoyed working out in a gym. My lower body was fairly strong from cycling at least 3,000 km a year and being the sole maintenance guy at my house and cottage, the rest of my body was in pretty good shape. But being in my late 50's, I was well-aware that I should embrace some sort of weight-bearing exercise routine, I just never got around to it.

On my birthday last fall, my wife, who attends classes at Fitness that Fits Studio, surprised me with 20 one-hour personal training sessions with Nadia, the Owner. Now I had no excuse, I just had to dive into the deep end!

Nadia started off with putting me thru a Baseline Fitness Evaluation. She assessed which of my muscles were being activated and also figured out which ones I needed to work on. She noted what kind of injuries and pains I experienced in the past, and from there she developed routines to challenge my limits. Suprisingly for me, after my first session there were so many muscles in my body that ached for days, I dreaded my next visit!

Nadia ensured that every session was different from any previous one; in 20 visits, no two workouts were alike. Not only did that help to challenge my muscles it also prevented me from getting bored.

Over time my body got stronger, and although the muscle aches were still there after every session, they were manageable. My core muscles, along with my arms and shoulders felt noticeably stronger, and I no longer felt any lower back aches which troubled me from time to time. By strengthening my core and my glutes, I also noticed that my cycling power increased aswell!



When my initial personal training sessions were completed, I renewed for another set without hesitation. I highly recommend Nadia as a personal trainer and I urge you to jump in the deep end as I did, your body will thank you!

~ **George**



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