

# Want to know how I did it?

Since I have been training with Nadia, my core strength has improved dramatically in a short period of time. Nadia is knowledgeable in the latest training techniques and is apt at applying those techniques to not only benefiting my physical health but also improving my golf game. Since working out with Nadia, she has helped me gain flexibility, core strength and more mobility, especially throughout my upper body. My golf swing feels more athletic, consistent, and dependable. As I also suffer from long-term chronic back and neck pain, the last six months of working out consistently with Nadia has been so beneficial. Exercise has increased my strength, flexibility, and balance without hurting my joints. Working with a personal trainer has helped me avoid positions and movements that can cause me pain. She watches my form, pushes me when needed, and provides a safe, efficient program that considers my needs and goals. Under the care of a personal trainer, these work-out sessions have lessened my

chronic pain symptoms and have improved my overall quality-of-life. I would recommend Nadia and the Fitness That Fits team to anyone looking for a challenging workout to enhance their lifestyle.

~ **PAUL POLICARO**



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

416-231-BFIT (2348)

4247 Dundas St W. Etobicoke ON

**Fitness Classes - Personal Training**