

What People are Saying About Sustainable Fitness!

"Thanks to everyone at Sustainable Fitness for providing an extraordinary program that is personal, supportive, effective and fun. It's definitely been worth every penny!"

Shannon Bunkowsky, Winnipeg



12 Week Transformation



Build your Best Body

"At age 49, after a life threatening disorder left me overweight and out of shape, I went from unfit to fit and did it in only 12 weeks through systems we use at Sustainable Fitness. With the right team by your side, you too can build your best body no matter what age or shape you're in." To build your best body, contact us today at www.sustainablefitness.com.

Al. Zimmer, Founder & CEO

Sustainable Fitness

My Journey

My name is Cathy McDonald, and my fitness "journey" started in the summer of 2008, just a few short months after learning that my Mom had pancreatic cancer, and that based on statistics, she would not survive the year. I realized that it was time for me to get serious about living a healthier lifestyle, so I decided to enroll in my first boot camp through Sustainable Fitness. Even though I had read and re-read the entire Sustainable Fitness Website many times in order to prepare myself, I felt like a child starting my first day of school...SCARED! What a welcomed relief to find that there was an entire group of ladies of all different ages, shapes, sizes and fitness levels that were all feeling the same as me.....but by the end of that first session it became very apparent that we were all there for similar reasons. Our instructors provided challenging workouts every session with constant encouragement. I was successful in completing 10 weeks of boot camp before my journey detoured so that I could spend the last few weeks with my Mom.

**Get Fit
Live Fit
Stay Fit!**



In March 2009, I decided that I wanted to use a personal trainer, so again turned to Sustainable Fitness to help me achieve a challenging goal. I worked out with Shaun, one of their Trainers, twice a week for 8 weeks; as well I was provided drills I could do at home. I realized that if I wanted to reach my weight loss goal, I would have to incorporate healthy eating so again, I enlisted Sustainable Fitness to help. I am pleased and proud to say that I reached my weight loss goal within 8 weeks and felt absolutely wonderful. I train mainly through TRX Suspension training, and have been attending TRX classes at the Sustainable Fitness Training Center since it opened.

Sustainable

Locations in Winnipeg and Selkirk



Get Fit - Live Fit - Stay Fit!

866.921.5391

www.sustainablefitness.com

Fitness

