

Got a New Year's Resolution but you're just not sure where to start? Do you have the best intentions to shed those few pounds and start your journey to a healthy lifestyle, but you're confused which way to go and what health clubs have to offer. Body Quest has the answers you are looking for.

Haman Dowlatram Owner/Manager of Body Quest Fitness has been in the fitness industry for nearly 20 years and understands the importance of starting off your workout regime on the right foot. Many the novice begins a workout program with little guidance or instruction and overexert themselves on the first day, not really sure of how this exercise will impact their overall progress. This usually leads to pain, injuries, frustration and little in the way of results and after a few days or weeks of what seems to be a valiant effort with little visible rewards, these novice gym members lose interest and give up on their health and fitness goals.

Body Quest's new custom Body Specific Assessment (BSA) can simplify this process for you. With the BSA process, every new Body Quest Member is given a full fitness assessment by a Certified Personal Trainer as well as a consultation on health, fitness, nutrition and your overall health and fitness goals...and don't worry this is one test you can't fail. From this fitness assessment, your trainer will then design a workout program that is specific to your fitness level, body type, health and injury concerns as well as your overall fitness goals. You are then re-evaluated every twelve weeks thereafter so that your progress can be tracked and your program modified for you. Of course the Personal Trainers are always available for any concerns you may have in between your fitness assessments.

For those with more aggressive goals, we have the Award Winning 90 Day Body Challenge which offers members personalized nutrition and fitness programs as well as goal setting and motivation through the Program Director and Personal Trainers to get members to their desired goal and keep them on track.

The BSA has been designed by Haman Dowlatram after many years of providing his expertise to both amateur and professional sports athletes as well as mainstream clients who just want to get into shape. "The general public has little knowledge of exactly how to go about getting fit. There are so many misleading commercials on television and internet that do nothing but confuse the public. There are several elements to a successful fitness program, which we explain in great detail with each of our clients so that every one of them not only knows what to do in the gym, but exactly why they are doing it and what the effects will be. This is key not only to our success as health and fitness facilitators, but to our client's successful goals." His constant quest for fitness knowledge is what drove him to provide Cambridge with a total health and fitness experience when they come through this facility. Body Quest provides more than just state of the art strength, resistance and fitness equipment or a newly expanded aerobics room with and heart pumping aerobics program...this gym has much more to offer.

There is a Ladies' Only Fitness Facility within Body Quest as well as a Children's Activity Centre with drop off service. But it doesn't just stop there, there is also a Hair Salon, Tanning services with both lay-down and stand-n-tan beds. Their full service Day Spa, is your oasis from the everyday to enjoy some time away in pure bliss.

The Body Quest team are your fitness facilitators...from our supplement and nutrition specialists to our energetic team of personal trainers everyone is here to guide you on your fitness journey.

Body Quest is located at 182 Pinebush Road, Cambridge. Hours of Operation of Monday to Thursday 5am to 11pm; Friday 5am to 10pm; Saturday and Sunday from 7am to 4pm. For more information, please call 519.622.7972 or online at www.bodyquest.ca