

business profile

Body Quest Fitness & Nutrition



Brad M. - age 36

Total Weight Lost - 60lbs Body Fat

Total Inches Lost - 31.25"

Blood Pressure Improvement

Start - 166/104 After 90 Days - 130/78

Resting Heart Rate

Start - 85 After 90 Days - 70

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,

Natural Foods You Get at the Grocery or Market

Only 4 Hours per Week on Training Program

Only 1/2 Hour of Cardio per Session

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.

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

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 between 8:30am to 8pm weekdays. But it doesn't just stop there, there is also a Hair Salon, which welcomes Amanda Cordon as a new addition to their style team, and also 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.

Exclusive **Body Specific Assessment System**

Guaranteed Results in 90 Days

BSA - Results in Weight Management for Over 20 Years

100% Natural

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 know what to do in the gym, but exactly why they are doing it and what the effects will be. This is key not

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