

Be Some Body

Student Spotlight

CHRISTINE GAISER



I am thrilled to announce Christine Gaiser, our Student Spotlight for October 2017. Christine has been a true walking billboard of what the studio symbolizes for each individual. She has actively participated in all formats of classes, boot camp and Sleeping Giant hikes with her daughter, Julia by her side. She has made healthy changes to her diet to benefit both her and her family. She is fit, beautiful and kind.

Six months ago, Christine was diagnosed with breast cancer and despite having this difficult fight, she is so strong, inspiring and simply beautiful. Every time she walks into the studio, she is upbeat, courageous and always positive. She never complains and you always feel such positive energy exemplifying her true happiness to be in class! Our Be Some Body family encourages and supports her through this tough fight. She symbolizes a "Wonder Woman" for enduring her work schedule and fitting in time to exercise while undergoing exhausting treatments.

"Life isn't about waiting for the storm to pass...it's about learning to dance in the rain" (Vivian Greene) is exactly what her motto is. I am proud to call her my friend and she is a true role model of how your positive attitude, strength and love can define you!

♥Melissa

"BE SOMEBODY WHO MAKES EVERYBODY
FEEL LIKE A SOMEBODY."

After several years of being generally inactive, I knew I needed to “get moving” again. I realized that I felt unbalanced and feared settling into an unhealthy, sedentary lifestyle. So I began searching for a program to insert regular exercise into my weekly schedule. Three years ago I found Melissa Daniele’s Pilates class and gave it a whirl. Well, I quickly purchased a Be Some Body class card and have been hooked ever since.

Be Some Body is the perfect fit for me. There’s a variety of great classes lead by a motivating, caring and knowledgeable instructor provided in a friendly, non-judgmental environment. Challenging myself by participating in several Boot Camp series has been the most rewarding and fun! I’ve found that making a commitment to yourself to get to a class is so worth the benefits you’ll get back. Since starting at Be Some Body, I have better control of my weight, improved muscle tone and strength, higher energy levels, enhanced confidence, better mental clarity, more restful sleep, and I’ve learned more about good nutrition. Melissa’s classes always help to diffuse the stresses of the day to boot!

There’s no doubt that joining Be Some Body Fitness has been one of the best things I’ve done for myself. This has never been more apparent to me since being diagnosed with breast cancer early this year. The strength and stamina that I had gained from Melissa’s classes made me better prepared to manage through surgery and treatments. When my doctor urged me to exercise throughout treatments, I thought he was crazy. After a few months, I got myself together and went for a barre class and I did okay. Doing something for exercise was better than doing nothing, and it gave me a sense of taking back control of my body and well-being. I’ve tried to keep up with one or two classes a week, adjusting to a lower intensity. It’s definitely helped reduce fatigue and regain strength, plus gives me an emotional lift!

At the end of October I will have finished a major phase of cancer therapy – alleluia! I see the light at the end of the tunnel. I am truly grateful for all the kind words of encouragement, the prayers and the hugs from my Be Some Body friends throughout the last several months – it’s all helped me cope with this personal challenge. This is my opportunity to thank all of you for being part of my journey, so **thank you** from the bottom of my heart!

“ALWAYS REMEMBER YOU ARE BRAVER THAN YOU THINK, STRONGER THAN YOU SEEM AND LOVED MORE THAN YOU KNOW.”