

Be Some Body

Student Spotlight

CINDY MARIANI



For over eleven years, Cindy Mariani has been a regular weekend fitness warrior at Be Some Body taking very challenging classes of PUMP, Barre and countless Boot Camp programs. I am thrilled to announce her as the Student Spotlight for September! Cindy never limits herself and always embraces challenge! Her posture and muscle strength has transformed over the years and her secret is her steady attendance of three classes per week. She made fitness a part of her lifestyle and was very pleased of her progress of improved technique, form, posture, flexibility, strength and stamina.

Last year, she was discouraged of despite her admirable fitness regime, her weight was creeping up and she knew she needed to fine tune her diet and make some necessary changes. Subtle changes of balancing her protein, carbohydrates and fat throughout the day, selecting tea with less sugar and reading labels more diligently really brought her to her ideal body weight and a healthy body fat percentage. She is a success story because the hardest part isn't losing the body fat, but keeping it off and she has for over a year. Now, she has bragging rights of her hard work in the studio by how fit and fabulous she looks and feels every day. She knows you can enjoy life's indulgent treats, but most of the time making the right choices to maintain your healthy best!

Cindy is positive, warm and welcoming every time she walks into the studio and is always ready to put her all into her exercise. She is committed, confident and a representation of reversing the aging process! *♥Melissa*

“BE SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY.”

Hey ladies, I must admit that one of the biggest joys in life for me is when I realize that I can now wear clothes that did not fit me six months or even a year ago, does that resonate with you?

Getting to this point has been hard work, (I am the first person to look for an easy and quick fix), but my journey has been made easier with Melissa's knowledge and guidance. She continues to validate for me that a person can reshape their body/get healthy by making a commitment to:

- Change eating habits
- Focus on nutritional needs
- Embrace a can-do attitude, and
- Keep moving

Keep moving for me equates to boot camp, pump, and barre – those are my staples; and a goal this year is to add Pilates to the mix. Be Some Body, under Melissa's direction will find always great classes, always a challenge and always a sense of accomplishment after each session. If you work at it and stay focused, the payback is amazing on all fronts. Additional benefits for me include better posture, more flexibility and a stronger core, plus my stamina and energy level have increased. Not to mention the friends you make along the way.

One more reward is the fact that my sister has returned to Melissa's studio – a win for her this year!

**“UNTIL YOU GET NUTRITION RIGHT,
NOTHING IS GOING TO CHANGE.”**