

# Be Some Body

## Student Spotlight

### AVA ARTAIZ



Be Some Body April Student Spotlight is a true fitness/health enthusiast, Ava Artaiz. I met her years ago and was drawn to her kindness, beauty and positive attitude. I knew from the moment I met her exercise and good health is her passion. She displays the drive and attitude each day to enhance her life with exercise whether it's running, an exercise class, lifting weights. Life was busy raising twins Marcus and Spenser, but she always finds time to keep her vision of living a healthy fit lifestyle in focus. Her husband Naish also accompanies her in engaging in a fit lifestyle. She experienced some very debilitating injuries and through her will and determination always returns stronger and better than before. When I nominated her for "Dancing Under the Stars" there was no hesitation and she accepted the challenge immediately. I am so proud of her hard physical work and juggling family, work, college courses and family! She demonstrated such a delicate and light quality in her dancing as if she was floating on air which was something definitely out of her comfort zone and she nailed it!

I am so fortunate to have her in my fitness class years ago and her devotion and friendship today! She is a beautiful role model exemplifying flawless exercise technique and grace to all! She constantly challenges herself and always embraces every goal with a vision and a great attitude. She is living proof that one can get more AMAZING and EMPOWERED with age! *♥ Melissa*

## WORDS FROM AVA:

First of all, thank you Melissa for choosing me Student of the Month! It is so nice of you to think of me and as I have said in the past, I think it is kind and thoughtful of you to give recognition to the members of your studio.

It occurred to me as I was writing this that Melissa and I have known each other for over 26 years. I don't remember how we came upon each other, but I do recall taking her exercise classes at Elite Fitness (1990's) and I have been following her ever since. She has always been an inspiration for me. The best thing for me is that her classes are very challenging without making me feel physically drained. I also feel that Melissa is very understanding of the frustrations that occur with injuries (and I have had a few). In 2014, I was down with back inflammation that kept me from any kind of exercise for about two months. Then in 2016 I tore my meniscus which required surgery. The surgery went very well, but again I was out of commission for six weeks. Happy to say though, in between all of that downtime, Melissa, knowing my passion and love for dance, nominated me to participate in Dancing Under the Stars, a fundraiser to benefit the Ronald McDonald House of CT. This was the most satisfying and rewarding experience of my life. I met so many kind people and was able to contribute toward such a worthy cause. I would have never had the experience had it not been for Melissa's trust and confidence in me.

Thank you Melissa for keeping me fit, for all of your knowledge, your tireless energy, devotion and friendship. I am so happy to be part of the Be Some Body family.

"I WILL NOT LET AGE CHANGE ME. I WILL  
CHANGE THE WAY I AGE."