

Be Some Body

Student Spotlight

MARY ELLEN MINICHIELLO

Be Some Body is proud to announce Mary Ellen Minichiello as the August Student of the month! When I first met Mary Ellen, she would show her face in Pilates class every so often and was always praising how wonderful it made her feel, but she never found time to make it a regular part of her routine. In the past three months she has stepped up her exercise routine and taking all class formats. She took a risk out of her comfort zone and has participated in the past three boot camp courses. I admire her determination of when the class got tough, she would modify and push herself through it.

She is convinced this lifestyle change is very important to her. I have the upmost highest regards of her positive mental attitude and I how crystal clear her mind was in embracing this big change of incorporating fitness into her life. The biggest obstacle standing in most of our way is our negativity and our excuses, not Mary Ellen! I am proud of her accomplishments and it made my day recently in how she feels a vast difference in keeping up strength and stamina as a proud Grandmother. She lost 5 inches, 4 lbs. and 1% body fat in Bikini Boot Camp and gained education, body awareness and most important confidence. *♥Melissa*



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

WORDS FROM MARY ELLEN:

I am honored to be Melissa's nomination for the student of the month. Actually, it should be Melissa who is honored every month for all of her encouragement and clear instruction, even with students like myself who have a difficult time following directions!

I recently retired from teaching after 44 years and wanted to gain some strength and stamina for the next chapter in my life. My doctor, Emily Fine had recommended Melissa to me four years ago, when I was gaining weight and feeling sluggish. I began going intermittently to Pilates for a few years, which I enjoyed, but not enough to break my inconsistency in showing up after teaching all day. A few years ago, I asked Melissa to help me regain my strength, when I broke my wrist and had surgery. I eventually came back to Pilates with her help.

This year, I became more committed to coming to class, but I never tried any aerobic classes. Once I made the decision in April to retire in June, I challenged myself to try the bikini boot camp, knowing that this would be more challenging to me than any professional objectives that I have pursued in the past. Although I was worried that I couldn't keep up with the class (which I couldn't in the beginning), Melissa and the other students encouraged me and whispered directions to me, after Melissa had already said them out loud two times! I began to enjoy sweating and pushing myself. When I found out that I was the boot camp winner, I was amazed and motivated to continue to work hard. I am now attending my second boot camp, as well as trying to attend an aerobic class on the other weekdays.

I recently had a physical with my doctor who told me that I was in the best physical condition of the past 30 years. She told me that I was getting the right type of physical workout from Melissa, and that she missed going to Melissa's classes, since she moved away from North Haven. Everyone needs someone to believe in you and push you a bit out of your comfort zone. Melissa is my motivator, and she does it with grace and dignity. She always has energy and enthusiasm in her classes and helps her students, when they are moaning, by using a little bit of humor and a lot of encouragement.

Melissa recently asked the boot camp students to describe how they feel in a few words; I replied, "I'm addicted." It's the right type of addiction for me, and I thank Melissa for believing in me, even when I forget all the stations in boot camp!

**"EXERCISE IS LIKE AN ADDICTION. ONCE YOU'RE IN IT, YOU FEEL LIKE YOUR
BODY NEEDS IT."**