

Be Some Body

Student Spotlight

MICHELLE TENNYSON

Be Some Body is very proud to announce June's Student of the Month, Michelle Tennyson. Michelle, from the first day she walked into the studio has been so likable with a positive attitude and a vibrant personality. She has challenged herself in participating in all class formats with the goal of achieving improvement in strength, technique and stamina. She is so admired by all of her Be Some Body friends of her devotion in maintaining her fit and healthy lifestyle through her pregnancy with the most adorable baby bump and beautiful glow. Michelle's enthusiasm for exercise has rubbed off to her Mom, Janet and sister Sharlene. I love when they all participate in classes together. There is nothing better than family exercising together and building a legacy of health and wellness in a positive environment as role models for their children and grandchildren. I am sure her unborn son will love movement and music and is so lucky to have such a healthy Mom. We look forward to meeting your baby boy next month. "Pregnancy is a wonderful miracle, and in nine months your joys will double. Congratulations, to the happy couple, Michelle and Carlos! *♥ Melissa*



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

WORDS FROM MICHELLE:

At Fitness has always been an important part of my daily life. During the 10 years that I lived in Madrid, Spain, I could walk everywhere: to work, the grocery store, the doctor's office, the train station, the art museum...If I didn't have time to make it to the gym, I never worried about it. I walked many miles every day to get where I had to go. It wasn't until I moved back to Connecticut in 2014 that I knew I would have to find a new way to fit exercise into my routine.

I absolutely loved my very first class at *Be Some Body Fitness & Pilates LLC*: Summer Lunch Crunch which, like most of Melissa's classes, incorporated weights, the stability ball and other props. Melissa is truly an amazing and motivational fitness instructor. She offers a fun yet challenging variety of classes, I honestly love them all! What is more, Melissa and all the *Be Some Body Fitness* goers are lovely and uplifting people. Their positive energy creates an ideal workout environment where everyone feels inspired and supported.

Last November I shared some very exciting news with my family and friends: I am going to be a mother! The funny thing is, Melissa was the first person to know! The morning I found out I was expecting, I attended one of her classes and she immediately detected something different about me. I was thrilled that I was having a baby, but I was scared too. I didn't want to do anything that could harm my unborn child. Melissa asked me: "Is everything okay?", "Does something hurt?" She noticed that I hadn't been working out with my usual intensity and enthusiasm. So, I told the truth... "Nothing hurts...", I said. "I'm pregnant."

Melissa and my doctors all assured me that since I had already been exercising regularly, there was nothing to worry about. In fact, staying fit could only be beneficial to me and the baby. I am so glad that I trusted their advice and overcame my initial fears. I have done some form of exercise every single day while making only minor modifications. I am now 33 weeks along and I still attend fitness classes regularly. My favorites are Cardio Dance, Triple Threat and Pilates Core & Strengthen.

I have certainly been blessed with a wonderful pregnancy and I believe that fitness along with maintaining a healthy diet and lifestyle has made all the difference. I only hope that labor and delivery will go as smoothly. I really can't wait to meet my son at the end of next month. I already know that he is very accustomed to a lot of activity. My next challenge then will be learning how to incorporate him into my fitness routine once he arrives. Maybe I could wear him in a baby wrap carrier during Cardio Dance on Thursday nights?? Any other ideas?

Thank you, Melissa, and everyone at *Be Some Body Fitness & Pilates LLC* for sharing your optimism, kind words of encouragement and well wishes! We will soon meet the newest addition of the *Be Some Body* family!

"THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY AND THE WORLD IS A HEALTHY YOU. "

