

Be Some Body

Student Spotlight

LYNNE KRUPA



May is a great time to celebrate a special Mom, Lynne Krupa who is this month's Be Some Body May Student Spotlight. Lynne faced a challenge as a young girl and has found Pilates and exercise on a regular basis as the answer in managing Charcot- Marie Tooth disorder. She is always smiling, pleasant and is always focused on improving her fit and healthy lifestyle. She proves to be an inspiring role model in every class through her perseverance in growing stronger and focusing on what she can do! She is a master of modifying balance related and foot placement exercises by listening to her body and never comparing herself to others. She has beautiful technique demonstrating growth, determination and dedication with Pilates training. As you read her story, you will see how she is making a difference in her own life and truly motivating others looking for ways to manage CMT.

Thank you Lynne for educating us, but most importantly how your story is going to instill hope and the ability for others to hold their chin up high to whatever obstacle in their way and overcome it! *♥Melissa*

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

WORDS FROM LYNNE:

At 12 years old, I was diagnosed with Charcot-Marie-Tooth disorder or CMT. You may not have heard of it, but it affects more than 2.8 million people worldwide and approximately 1,400 here in Connecticut. CMT is a progressive inherited peripheral neuropathy that causes muscle loss and weakness in the feet/legs and hands/arms. Other symptoms include foot drop, poor balance, and structural changes in the feet and hands. A cure does not currently exist for CMT but moderate exercise is among the treatments recommended.

I have not let CMT stop me from exercising. Whether it's been riding my bicycle, swimming or working out at the gym, I've always made sure I stay active in some way. As the years have passed though and both my CMT and age have progressed, I've had to make some exercise adjustments. It's been many years since I've participated in high impact cardio classes and you won't catch me in a Zumba or kick boxing class either. Nearly three years ago, my friend Dale told me about a class she was taking and it turned out to be just what I needed – Mat Pilates.

I first signed up for Melissa's classes held at Montowese School and then also began going to her studio. Since Mat Pilates floor exercises focus on relaxing tense muscles and also strengthening muscles, it's been quite beneficial for me. I like that most of the exercises are done while seated or lying and that there are no long periods of standing. I may have to position myself near a wall for support sometimes but I always feel like I'm still getting the most out of class because of the modifications Melissa suggests. Mat Pilates has provided me with a way to strengthen the muscles I still have, while I can, and that's very important to me.

The low impact exercises that strengthen my core have definitely helped improve my balance and posture. I've even found myself hearing Melissa's words "Don't wear your shoulders as earrings," while driving my car or sitting at the computer and I immediately straighten up! The confidence and strength I've acquired from Mat Pilates has enabled me to also participate in Melissa's Core class and I plan to try the Wednesday weight class, too.

I want others in the CMT community to know about the benefits of Mat Pilates so I've written an article for a soon-to-be published practical tips book for those living with CMT. With or without CMT, who wouldn't want a stronger core, improved posture and balance, and toned muscles? I just wish everyone could have Melissa as the instructor.

Thank you, Melissa

"LET THE CHALLENGES IN LIFE MAKE YOU STRONG. LOOK FOR THE POSITIVE IN EVERYTHING THAT COMES YOUR WAY. "