

# Be Some Body

## Student Spotlight

# ROBIN EMMONS

I couldn't be more proud in announcing the Be Some Body Student Spotlight for November! Robin Emmons first started taking classes in 2009. Robin was a regular with Pilates for a while to help with muscle strain and imbalance issues with her back. Her core became stronger and she added Cardio Dance class and demonstrated wonderful coordination and stamina. To my surprise, along with her husband Sid, she added the 5k class that was offered on the North Haven High School track and they made it a part of their weekend fitness routine. While jogging along my side, Robin inquired about taking PUMP class and I explained it was the most strenuous class on the schedule. I recall telling her how amazing she was incorporating a very balanced fitness regime of cardio, strength and stretch.

Robin sounded ready to move out of her boundaries and take on something so unfamiliar and very challenging! The following week she took PUMP and she loved the feeling of accomplishment and how each week she became stronger and gained more stamina. I always admired her willingness to try different formats, but always knew her limits by listening to her body. She returned this past summer and enthusiastically joined the past three Boot Camps. She has committed herself in changing her diet to a very nutritionally sound one and now participates in two high intensity classes each week! Her results after Autumn Boot Camp proved to be impressive! In three months, she lost 10 inches, 8 lbs. and 2 and ½ % body fat. I admire Robin's determination and focus in classes which has improved her endurance, balance and a healthier lifestyle overall. I am thrilled she found her way back to Be Some Body!

♥Melissa



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

I started off with Melissa and Be Some Body taking Pilates classes several years ago. At that time I was overweight, which had caused back problems. Pilates led to Cardio Dance, and my favorite class Pump on Saturdays. My husband even joined in for Fall Walks at Sleeping Giant, and running club on Sunday mornings. For all the wrong reasons I left Melissa, and tried going at it myself, at the gym, classes at Park & Rec, and walking. I was always looking for the “quick fix” to lose weight, but not surprisingly, that didn’t work. Summer 2016 I broke my foot and was in a boot for almost 2 months. I was so disappointed, as my exercising and walking stopped for months. Getting back into exercise took way too long, and cost me almost 10 pounds. When I was almost at the point where I would need to buy new clothes, up a size, I looked up Melissa again. This summer I signed up for a 5 week Beach Body Boot Camp. That led to an 8 week Autumn Boot Camp, which landed me in Holiday Boot Camp.

Without even standing on the scale, I knew I had started to lose inches. I was back into work clothes at the right size (not just clothes that fit me). My co-workers noticed the change, which pushed me even harder. I’ve got a walking partner at work. On nice days we walk outside, and on the not so nice days we walk the stairs up 13 floors. I was becoming proud again of how I looked in the mirror, not ashamed and in a rush to walk by it. When I signed up for boot camp, Melissa “suggested” MyFitnessPal. I’ve gone to Weight Watchers several times, and knew the importance of tracking my food. I paired that with my FitBit, and have succeeded in cutting down my daily calories, and paying more attention to what I’m eating. I’m back to where I was right before I broke my foot, but am looking to lose the extra 5-10 pounds that I’ve had since having kids almost 30 years ago.

I was afraid that coming to boot camp at 6:40 at night (especially now that it’s dark so early), after working all day, and spending 40 minutes in the car to get home, would be difficult. But now I look forward to classes, as I know how great I’ll feel when it’s over.

“EVERY ACCOMPLISHMENT STARTS  
WITH THE DECISION TO TRY”