

Be Some Body

Student Spotlight

BARB CANGIANO



Our February Student who is making her New Year's Resolutions a reality is Barb Cangiano. She makes the month of February warm and bright with her outgoing personality and a smile on her face every time she steps foot into the studio. She sets the bar high to the challenge by partaking in a variety of classes with boundless energy and enthusiasm. I haven't known Barb very long, but I feel I have known her for years because she is so thoughtful, kind and has the quality of making anyone feel so comfortable. She is strong, balanced and catches on quickly to every dance step or fitness routine in classes Cardio Dance to Stability Ball. She asked me for guidance with her nutrition choices and I was amazed in how she is a "doer" and quickly adapted to making some big changes to her daily intake. Most of us find it challenging enough to maintain not gain during the holiday season, but she delivered RESULTS! I am proud in how she began one week prior to the Thanksgiving holiday and through Christmas and New Year's. **In eight weeks, she lost 7¼ inches, 2.5% body fat and 6 lbs.** I know Barb will continue striving to be stronger and the best she can be. I look forward to continue to being behind her 100% to reach her goals this year and beyond.

Thanks Barb for being open to change and making it happen! *♥ Melissa*

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

WORDS FROM BARB:

Less than a year ago, I discovered Be Some Body Fitness and Pilates - and Melissa - and I am so glad that I did. I have been exercising for many years and have had memberships at many different gyms, but have never found a friendlier place to work out or a more personable and attentive instructor as Melissa. She has a loyal, genial and committed following and now I am one of them!

Melissa's energy, enthusiasm and cheerleading has kept me motivated on days that I just wanted to stay home under the covers. The variety of classes and the welcoming studio environment encourages me to try new things and challenge myself without feeling embarrassed or self-conscious or out of place. She has helped me out of my unimaginative food rut by suggesting new and tasty recipes and now I am paying closer attention to my food choices, have more energy and am a much more inspired, satisfied and daring cook.

I am grateful for Melissa's boundless optimism, personal warmth and kindness. **Boredom and routine be gone!**

- Barbara Cangiano

'TO CHANGE YOUR BODY YOU MUST FIRST
CHANGE YOUR MIND'