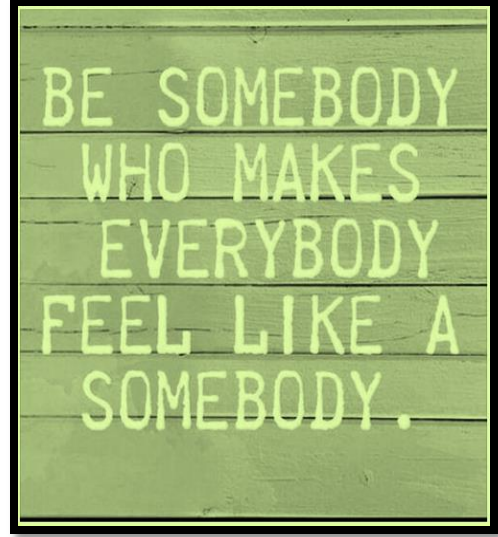


# Be Some Body

## December

## Student

## Spotlight



# Lisa Heyl

I am so proud to finish the final month of the year of 2016 with Lisa!

She has transformed into a healthy, radiant and confident woman this year! It was amazing to see her fitness level improve in trying different class formats over the months. She focused on good form and technique. When September came around, she had time to focus on more exercise and making dietary changes. She stepped out of her comfort zone and made a commitment to Autumn Boot Camp and was so consistent in attending classes. Her food diary demonstrated will-power and eagerness to make this new lifestyle renew her and achieve nothing but success! **As of three weeks ago, she lost over 20 lbs., 6 % body fat and over 6 inches.** She is a radiant, healthy and youthful

version of her old self that I met seven years ago when our daughters played soccer together. I am so proud and thrilled of her accomplishments! Her family, friends and acquaintances are noticing her transformation and she is truly a visual testimonial of Be Some Body! Thank you Lisa!

I am confident that she isn't done yet and will reach more goals with fitness and optimal health! She is an invigorating inspiration and validates when you make up your mind and put forth 100 % effort, you can do ANYTHING!

Lisa's story:

It all started a few years ago when a friend sent a group text about getting our fat @\$ off the couch and signing up for adult education exercise classes. We agreed on



Pilates and, lucky for us, Melissa was the instructor. Prior to this, during my talking about getting fit but not actually doing anything about it phase, a book club member had recommended Be Some Body as a great place for cross training and fitness. When I realized Melissa was owner of the studio I had to check it out! After a few adult education sessions I started coming to the studio for Pilates and loved the energy and supportive environment from the first day. I added cardio classes this past summer and it felt good to be moving again.

This fall, our youngest went off to college, and I promised my three kids it was time to get serious about getting fit! Then the fall boot camp sign ups came around and without giving me a chance to change my mind I signed up. While I lost about 10 pounds in the prior 18 months, boot camp is what really changed my life and my body.

I was unaware nutrition counseling was part of the boot camp. As someone who knows what healthy eating is, but also loves food and struggles with portion control, I was having trouble mentally transitioning to a new eating regime. Through Melissa's guidance and encouragement I was able to slowly change my eating habits. In this way I never felt deprived of food or was hungry. None of this would have been possible without Melissa's help.

My kids and husband are proud of my efforts but more importantly I feel like I am on the path to a healthy more active life. I intend to lose more weight and continue toning but after that my goal is to train for a 5K. With Melissa's encouragement I feel like I can meet that goal!

Thank you for changing my life!

Lisa