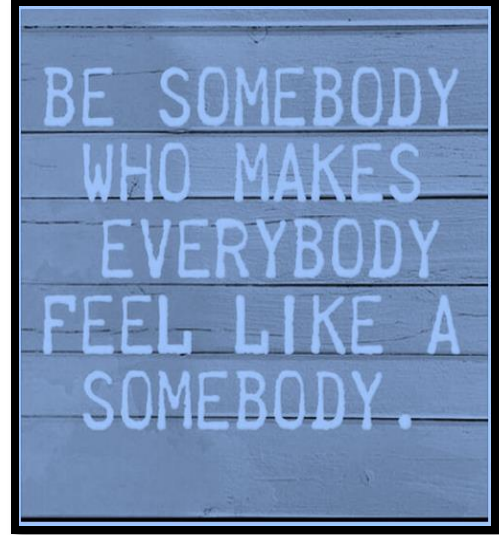


**Be Some Body**

**November**

**Student**

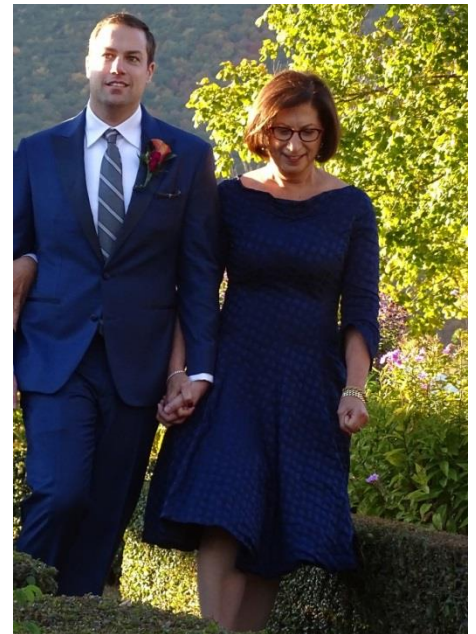
**Spotlight**



# Nancy Mendel

I am so excited to announce Nancy Mendel as the Be Some Body November Student of Month! Pictured on the right is her looking stunning at her son's wedding last month.

Anyone who has the opportunity to stand near Nancy in class will experience her drive, determination, and focus throughout all classes. She radiates positive energy, and you can see clearly that she is on a mission with her enthusiasm and output of stamina. She has endured injuries and is not a "fan" of modifying, but she always listens to my advice and heals. She has admirable self-discipline with her conscientious efforts in food journaling. She is a wonderful participant in the Boot Camp program and has inspired many! She recently lost 2.5 % body fat, 6.25 inches and 6 ½ lbs. in Boot Camp. Her motivation sprang her out of bed for 6am classes as well as consistently partaking in a variety of additional classes weekly. She inspired me with her personal story of the struggle of changing careers and gave me pep talks after my classes of remaining positive when I was overwhelmed a couple of years ago of being a full-time nutrition student. She really helped me stay the course and believe in myself. Thank you, Nancy!



I met Melissa about 4 years ago. I had just lost 45 pounds, started working at a new law firm and was looking for a place to work out during the week to try to maintain the weight loss. My new law partner, Diane Ruben kept singing the praises of this wonderful woman whose classes she went to in North Haven and finally convinced me to join her one evening after work and I was hooked. Not only were Melissa's classes personal, challenging and full of variety, she was vigilant and attentive correcting each person's form throughout each class. She encouraged me to sign up for boot camps,

something I thought I was too old and out of shape to do. But I found a wonderful group of women, many my age, all working hard and encouraging each other to give Melissa our all. Her classes were reshaping my body, I was feeling younger, healthier and stronger than I had in years and was able to significantly decrease my high blood pressure medication. But the weight started to creep back on slowly at first. I was going through some personal stress, and the worse it got, the more weight I put on. It was so difficult to focus and the stress did not let up. It became a vicious cycle. I finally pulled out my old eating plan from losing the original weight, but even that didn't make a dent and I was beginning to believe that this was just the way it was going to be. Through it all, Melissa never lost hope for me, she kept encouraging me, tracking my fitness pal, making adjustments, checking in with me when I missed a class. The cause of the stress got resolved, and little by little and very slowly at that, the weight started to come off and I was putting on clothes that I hadn't been able to wear for the last few years. I was finally pleased again with what I saw in the mirror. I could not have done it without Melissa's help. She is the sweetest person and the toughest coach!