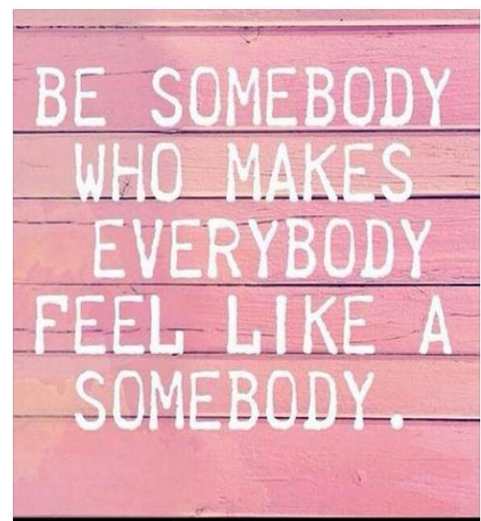




Be Some Body

October

Student Spotlight



Sue Miles

Since the first day I met Sue at her lunch time fitness classes at work, I knew by her pleasant smile that she just loved being fit and always reaching to become stronger and have more stamina. She would take a variety of classes offered and always demonstrated so much enthusiasm and just a contagious positive energy! When she enrolled in Boot camp in the spring of 2015, we were both excited about our upcoming trips to Disney World and she also enlightened me on her recent battle with breast cancer. She shines with her positive attitude and her determination to push herself to reach her goals. She lifts others higher with her energy and her passion to always work harder with form and stamina to reap the rewards of fitness at Be Some Body classes. In 1 ½ years of being a loyal participant, **Sue has lost 4% body fat, 15 inches and 17 pounds.** She is a beautiful person on the inside and out and I am so thrilled of her results and perseverance through an illness and I know she will keep pushing herself and attain new goals. I indeed hope they find a cure for breast cancer in our lifetimes.

Congratulations Sue!



My path first crossed with Melissa's when she was working as a fitness instructor at my workplace. From the very first class I took, I knew her teaching style and enthusiasm was going to be good for me! Unfortunately, I allowed my work agenda to get in the way of my workout schedule and then the company relocated so our paths separated and I became less active.

In 2013 I was diagnosed with breast cancer. During the months of chemotherapy, surgeries and radiation, I had plenty of time to re-set my priorities. There was never a doubt in my mind that I was going to get through the treatments but I also knew it would take a lot out of me. My approach to getting through the struggle was to plan all the things I was going to do as celebration of making it through the toughest year of my life.

On the top of my list, I wanted to participate in the Avon 39 Walk to End Breast Cancer. When I set my goal to undertake the 2 day, 39.3 mile walk around New York City, I immediately thought of Melissa. If anyone was going to get me in shape to accomplish that challenge, it was going to be her. Just about that time I received an email announcing enrollment for her upcoming Bikini Boot Camp – I could not sign up fast enough! Needless to say, Melissa's training and nutritional guidance got me in condition to achieve my goal!!

Now that I put exercise back into my routine, it's going to stay there! I feel stronger and more fit than I have in a very long time! My second attempt at the Avon 39 Walk is coming up, last year I walked to put my struggle 39.3 miles behind me; this year I walk to get 39.3 miles closer to the cure!!!

Thank you Melissa for helping me to Be Some Body!!

