



Be Some Body
STUDENT SPOTLIGHT

Cindy Pacini

I am so thankful for Cindy Pacini, the November Student of the month at Be Some Body! She is so animated, and I love her humor that she brings to both private training and group classes. She has fine-tuned her form in technique of Pilates, strength training, cardio and ball—there is nothing she won't try to do! Her flexibility has been extraordinary, and she stretches with such ease. Her struggle has been her balance, but she has developed more consistency over the past few months.

I love how she welcomes her birthday month with endless celebrations & entertainment and is genuinely proud of being "the birthday girl!" We should all view our birthday as a positive gift and not just, "Oh no, we are another year older." She recently has endured a family hardship experiencing high stress and a disruption of her daily schedule. Even though she had to travel each weekday out of state, she adjusted her schedule to maintain her regular exercise regime. I commend her dedication and efforts to reap the benefits of exercise even when it was easy to put it on the back burner. She has a heart of gold and a love for making people and animals happy! I am proud to have her as a friend and part of the Be Some Body family! *♥Melissa*

Be Some
Body

I have never been one to consistently exercise, with the exception of going to fitness classes for about four years when I lived in the northwestern corner of Connecticut. But I moved in 2003 and since then had not followed through with any exercise regime. Finally, in 2014, my husband and I paid for a gym membership. However, we never even exercised there! I found the prospect of working out there daunting and wasn't impressed with the classes they offered. So, in March of 2015, when my gynecologist told me about Melissa, I knew I had to contact her. I set up personal training because I was too embarrassed about my poor balance to join a class.

Four months after I started having private sessions with Melissa, I found the confidence to start going to classes. Three and a half years later Be Some Body is an important part of my life. I have found that each class provides variety and challenges in a supportive environment. I very much enjoy the camaraderie and the friendships I have gained. I love the fact that my body is stronger now and I look forward to continuing my progress.

I am very grateful to Melissa, who I now consider to be a valued friend. Her knowledge and warm, caring and enthusiastic personality help her to create a unique exercise experience that hooked even a die hard couch potato such as myself.

*“Obstacles don't have to stop you.
If you run into a wall, don't turn around and give
up. Figure out how to climb it, go through it,
or work around it.”*