



Be Some Body

STUDENT SPOTLIGHT

Cindy Michael

I am happy to announce Cindy Michael as the first student to showcase in 2018! Cindy has been an ambitious & loyal participant for decades! We initially met in Branford when I was teaching at an aerobic studio—I wasn't even married yet! I admire Cindy's open mind and hard-work in classes at the studio and personal training sessions. She participated in a variety of classes pushing herself in early morning workouts, slide classes and even encouraged me to be side by side with her in spin classes. She blew me away with her strength and stamina! The spin instructor would instruct the class to increase the resistance, but I would be decreasing it because my legs wouldn't be physically able to pedal anymore. Our laughs made grueling classes enjoyable.

I always look up to Cindy's dynamic way of teaching herself to love exercise and to continue to make it a part of her life. She has been a part of the Be Some Body family since 2008. Her determination shines through in a variety of classes from the days of lunch crunch to her favorites of Pilates, Can't Resist and Core and Triple Threat. Exercise has been proven vital to her health, alleviating muscle pain and keeping her able to enjoy working in her beautiful gardens. Cindy has watched my children grow up into adults, adored my dogs (Mia, and now Alfredo) and I'm lucky to have both her and her supportive husband Charlie as my dear friends.

♥ *Melissa*

BE SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY!

As I was nearing 40 feeling not so svelte, I decided to exercise...first at a storefront, then to a number of gyms always seeking a challenge and variety. I tried cardio and weight machines but lacked the self- discipline to make them a part of my routine. I needed classes. So I did high impact, slide and spin among others. And it was over 25 years ago that I took a step class from Melissa and have followed ever since! It is a constant wonder to me that all her classes are so different and so challenging. I cannot recall the repeat of any class. To me variety is critical and keeps me coming back for more.

Throughout nearly 40 years of exercise, I have experienced many changes. There is the inevitable weight gain with menopause which was compounded by cessation of smoking. My sons when they were little said they wanted to be "size big". I never wanted that! And I fear what I might have been without an exercise regimen.

When I was 72, I had a stroke. My right arm and leg still aren't right and what little balance I had is gone. I have arthritis and spinal stenosis which preclude a number of exercises. Melissa has shown me how to adapt throughout. And I feel most fortunate to have had her as my mentor, but most importantly, my friend.

STRONG, DETERMINED, RELENTLESS, FOCUS, POWER, LOYAL, LIMITLESS
= GREATNESS