



## **Be Some Body** STUDENT SPOTLIGHT

*Sally Roumanis*

I am thrilled to announce the June Student Spotlight is Sally Roumanis! Sally has been attending Pilates and Stability Ball classes for the past 2 ½ years. Sally works hard in classes and I have watched her technique, form and core improve.

She is outgoing, with a great sense of humor, and is such an encouraging participant to have in classes. She supports a fit lifestyle outside the studio and her friends and family have similar likes and interests of being active in the great outdoors. She stresses how important it is to take care of our body consistently all year long. Sally is living proof of attaining strength, improved posture and improving muscular and bone issues. She is also an advocate in demonstrating to others the importance of incorporating regular exercise in your life and the countless positive reasons why Pilates is so beneficial. In order to be the best spouse, mother, grandmother and friend, we need not to ignore the infinite benefits of being active to improve wellness, releasing stress and improving our mental health through exercise.

I congratulate her on her upcoming retirement and enjoying a very fit, healthy and happy new chapter! *♥Melissa*

Due to some chronic back problems I had been advised to take Pilates to strengthen my core. I took an introductory course elsewhere and found it hard to maintain interest so ultimately stopped going. While hiking with a friend I was impressed with Marianne's enthusiasm when she talked about the small size and diversity of the different classes and the personal attention she was getting at a place called Be Some Body Fitness and Pilates. I came to a complimentary class with her one night and haven't stopped coming since! I love the Monday night Pilates class and hate when I miss it. After coming for a while I had an appointment with my chiropractor/physical therapist and was thrilled when he said "your back is so much stronger, I can really feel the difference" Success! When co-workers comment on my good posture at work in front of the computer they don't know that when my back starts to sag I hear Melissa's voice in my head saying "I see slumping!" so I tuck in my abs in and sit up a little straighter.

As I age I find that injuries come a little easier. One thing I have learned to trust is Melissa's vigilant eye. She is always circling the group correcting poor form and making sure no one gets hurt. It has given me the confidence to spend more time at Stability Ball class improving both my balance and strength. As I get ready to retire this June I hope to spend more time doing the things I love like hiking, biking, gardening and kayaking. I can't think of a more enjoyable place to keep my body in shape for enjoying all of it then to be a regular at Be Some Body with Melissa and the wonderful group of people she attracts to her studio.

Self care is not a  
luxury, it's a  
*priority*