



Be Some Body STUDENT SPOTLIGHT

Melissa Pereira

I am so thrilled to announce our May Student Spotlight is Melissa Pereira! She shows enthusiasm every time she walks into the studio with her contagious boundless energy. I have seen participants up their game when they stand close to her and experience her energy!

She symbolizes optimal health with her fitness regime and healthy eating. She has been taking classes for 7 years and I have the pleasure of living close to her and witnessing her jogs with her husband, Ken, and power walks in the neighborhood.

As an elementary school teacher, Melissa has shared her genuine and caring attitude with the Be Some Body family as she makes children's beginning experiences with school a rewarding and healthy journey. I am proud to have her as my friend, neighbor and a wonderful role model for all of us to learn from! Melissa is a glowing, healthy and fit Mom-to-Be and we are all thrilled for her baby's arrival in the end of August! *♥Melissa*

Thank-you is an understatement. I have known Melissa for the last eight years, when we met through a mutual friend. I had recently moved to North Haven, actually right around the corner from Melissa and her beautiful family. I have always worked out on my own but was looking for structure with a positive and encouraging environment. That is exactly what I found!

I started with a boot camp class and haven't looked back since. The schedule of classes has made it easy for me to fit 2-3 classes in a week working around my busy schedule. Along with various Boot Camp classes, I have enjoyed taking Triple Threat, Co-Motion, Stability Ball, as well as Pump.

I quickly fell in love with the classes, positive community of encouraging women who have become friends and a nurturing, educated instructor who has never led me wrong. The stimulating environment has led me to look forward to taking classes to benefit both my mental and physical stability. I enjoyed working out with Melissa before my wedding three years ago and now during my first pregnancy. I not only trust the guidance that Melissa gives in class but consider her a friend as well. Her continued guidance and support has certainly helped lead me to a healthier and more balanced life!

**“Your energy is contagious.
Either you affect people
or you infect people.”**