



## **Be Some Body** STUDENT SPOTLIGHT

*Diane Ruben*

As we welcome the season of autumn and “fall” into our fitness regimes, this one extraordinary lady maintains her fitness regime all year-round. Diane Ruben deserves this recognition of the Be Some Body September Student Spotlight with a mind blowing 1,040 studio classes taken not to mention her time with me at New Haven Ballet’s Adult Pilates classes. She takes a variety of classes often 5 or 6 classes in a week with meticulous Pilates technique, Stability Ball core strength and energetic cardio and weights classes. I admire her flexibility and balance and how it has improved remarkably over the years! She is my “mental” class assistant with class exercise pyramiding as I lose track multi-tasking correcting others or counting to keep the exercises on the right side balanced with the left side with her alert and sharp mind.

She possesses a friendly and easy-going disposition. Without hesitation she reaches her hand out to help others generously and selflessly. She is charismatic to others in the Be Some Body family in making them feel better about themselves because of her cheerful and positive attitude. Her healthy lifestyle has been infectious to her husband Harvey and if the grand kids are at their house they are following their Grandparents exercises with enthusiasm and excitement as well. I am so proud to call her my dear friend! The Ruben’s are family oriented with actively engaging in their children and grandchildren’s’ lives as well as incorporated traveling in their busy lives. Exercise is definitely the prescription in leading an active and healthy life and Diane is a shining example!

♥ *Melissa*

Be Some  
**Body**

When I think about Melissa's classes, it all sounds too good to be true.

In 2004, moving around and trying different classes, I came upon Melissa teaching adult Pilates at the New Haven Ballet School and knew I had found an extraordinary teacher. We reconnected eleven years ago, when I found her at Be Some Body.

For me, it is Melissa's professional expertise which is most impressive. In each session, she truly notes what each person is doing, carefully commenting, adjusting and cajoling for a personal training experience in a class setting. Thanks to the wide variety of classes and the all-body approach, I have managed to stop what looked like a steadily declining set of osteoporosis numbers. As I have moved into my seventies, Melissa has given me a way to actually INCREASE my balance, strength and flexibility. Mindful of any injuries or problems (I have scoliosis and a torn rotator cuff), she always has a way to modify and a positive, encouraging message. I love the fact that one is never bored because of the different emphasis (and even music) offered every day. My "deal" with myself is that on any given day, unless I am unable to come to class due to a conflict, work obligations, travel, grandkids... I will show up. I am a better person for it.

Eventually my enthusiasm for Melissa's teaching empowered my husband to become a private training client of hers; he is now stronger, better balanced and completely convinced that she can keep him going... forever!

Many people have noted that we are all treated like family. It is not by chance that so many friendships have formed within the class enrollment—Melissa creates an environment where this will happen. Whether she is urging our support of a grieving member or helping us reach out to a person/cause in need, or just noting our birthday, it is her kind, nurturing presence which makes us all reach to be our best selves.

*It's not what we do once in a while,  
it's what we do consistently.*