



Be Some Body STUDENT SPOTLIGHT

Meredith Sturges

I am excited to announce Meredith Sturges as the April Student of the Month ! I first met Meredith at Anthem Blue Cross where I taught lunch time corporate fitness group exercise classes. Since day one, she always entered classes with a smile and a great attitude. She would enroll in Pilates and strength training classes religiously each week, and she loved to dance in the cardio dance class as well.

Over the past sixteen years, I have observed her mastery of Pilates with great form and core strength. I am sure it has helped with her hobby of playing golf even though she probably won't admit it. When Be Some Body became her new place to reach her fitness goals, she was a regular at Pilates Lunch Crunch class. She loves the social aspect of how sweet my clientele are and how friendships develop at the studio. Recently, she pushed herself in taking semi- private training classes where I gave her challenging exercises that are seen in Boot Camp classes and surprised herself that she could do it! Even though she admits she enjoys her leisurely Sunday mornings, she has pushed herself by coming to the studio for challenging Triple Threat class with endurance, stamina and strength added to her proficiencies of exercise. She also joined our Be Some Body group hiking at Sleeping Giant on a challenging trail!

I consider Meredith a good friend who always finds the sunshine in a cloudy day. She is very festive in her fitness attire from her earrings to her toes—celebrating a variety of holidays throughout the year. Meredith is a true testament of what regular exercise can do for both the body and the mind.

♡ *Melissa*

What a surprise to be chosen as April Student of the Month!!

At first I asked, why me? Then I said, why not? So here is my story. I've known Melissa since 2002 when she started giving classes at Anthem. We had a great gym and the fitness center was under the supervision of Majory Dorr. We were encouraged to "be healthy" so my work mates and enrolled. I took several classes and Melissa's were always among them.

When I happily left Anthem in the fall of 2009, I needed to make sure I kept some continuity in my new retired life. I also didn't want to lose my habit of regular group exercise. I signed up with Melissa at her studio. Lunch Crunch on Mondays and Pilates in Fridays was my new routine to drive to North Haven and the extra bonus was to meet my work family for lunch.

Now it's 2018 and I am still taking classes at Be Some Body. Melissa is one of my special people. And I have a wonderful secret. Inside this average, aging body lives a "Woman of Steel!" I think I am the strongest I have ever been. Encouraged and nurtured by a great teacher and like-minded women. While I still can't do a full push up, I'm closer than I have ever been before.

Succeeding in such an encouraging environment has given me more confidence than I ever had before. Some of that comes with age, but, for me, it has been immeasurably enhanced by the empowerment of feeling fit and capable. I cannot stop the aging process but this is a great way to fight it!

Live, love, drink (in moderation, of course). Be kind and generous, Keep your sense of humor and ALWAYS exercise!

BALANCE IS NOT SOMETHING YOU FIND,
IT IS SOMETHING YOU CREATE