



Be Some Body

STUDENT SPOTLIGHT

Monica Dupuis

Welcome Spring with a very special student to showcase for the month of March 2018, Monica Dupuis!

Monica is a beautiful woman whom I personally have always admired in my classes for the past 24 years. Yes, we have been friends for many years and she has been a student with wonderful stamina, strength and form. She is ageless and has a fit physique through her consistence efforts and flawless technique. It's quite an accomplishment to maintain a lean and healthy body for years and years. I think this endless achievement ranks high in a success story! She is a graceful dancer in cardio dance classes, proves stamina in boot camp and demonstrates strength in stability ball. She was my rock when I was rehearsing for Dancing Under the Stars, spending a few weekends breaking down the unfamiliar ballroom dance steps and assisting me with partner work. She gave me confidence, encouragement and fun memories.

I must give her beautiful mother, Pat who just turned 80 years young some credit of her daughter's long and lean body and her natural dance ability. Pat joined us in Cardio Dance not too long ago and was a natural! How sweet it is to have both mother and daughter dancing side by side at the studio! Monica is so caring, sweet spoken and always encourages fellow students. She has generously given new exercise sneakers and sportswear apparel to others to whom she thought would put them to good use. She is supportive, kind and genuine in how she cares about the Be Some Body family! Congratulations!

♥ *Melissa*

Ever since Melissa started her spotlight student of the month, I look forward to reading each and every story. But when she approached me to be the student for April, while truly touched, I was a bit worried as to what I could share with all of you. My story is pretty simple, and honestly, is no way as inspiring as the beautiful stories many of you have shared.

While my journey with Melissa started in the early 90's, my "fitness journey" started way before that in the summer of '81 after I graduated from high school. My boyfriend, who was a year older than I, was looking to get into better shape and wanted to do something other than the "traditional" free weight work out. He came across a local Nautilus facility in Wallingford that was offering a 2 for 1 membership special, so we joined together. Just so you know, I was not one for playing sports in school, so other than your basic playing outside as a kid (tag, jump rope, pogo stick, etc.), and the general gym classes in school, my knowledge of this whole "working out thing" was very limited. I was extremely fortunate that the manager of the facility was a stickler on form - applying proper form/technique to every movement - and after my very first workout, I was totally hooked!! I will be forever grateful, not only for his guidance and knowledge, but also for instilling in me the importance of "movement with purpose". To this day I continue to apply these methods to every aspect of my fitness routine.

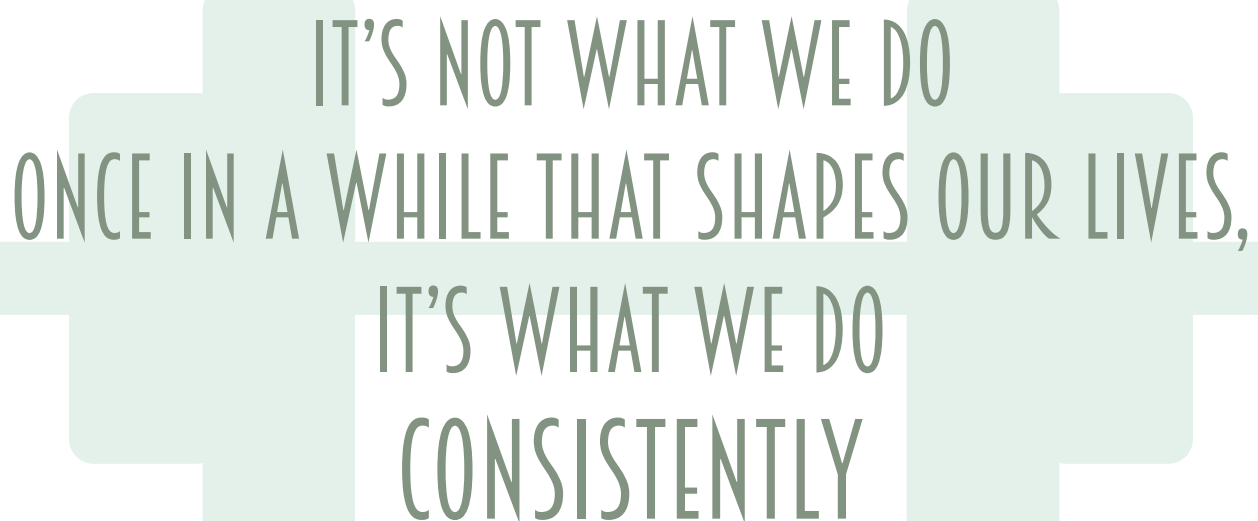
After about 3 months of being a Nautilus member I was offered a job as a Nautilus instructor which, to my amazement, I thoroughly enjoyed. When they decided to join the aerobics craze in 1982 I started teaching aerobics classes at the facility. Bear in mind that in 1981-82 there really was no formal training to speak of, and being "certified" was not yet a requirement (honestly, I don't even believe it was a widely recognized "term" around here at that point LOL). Classes were pretty much taught in a room that consisted of a cement floor that was covered in indoor/outdoor carpeting (yes, high impact aerobics on concrete), and my own little cassette player. Let me tell 'ya - making an aerobics tape with a record player and a cassette player was a royal pain in the "tookus"! When Nautilus closed its doors I continued teaching aerobics at various gyms for a number of years - until I realized that I would rather take classes than teach them.

Heading into the early 90's, my husband and I joined Elite Fitness in Hamden, and if memory serves, at that time the facility consisted of different types of exercise equipment and free weights. Soon after, they added an aerobics room on the upper level of the facility and - *voila* - enter Melissa . Her classes were so much fun, and her personality so engaging, that you fell in love with her instantly! We were members at Elite for a number of years and when they moved to Sherman Avenue, they boasted a larger aerobics room, expanded the classes, and also brought in additional instructors (all very good as well). Throughout the years, I participated in a variety of classes and, needless to say, Melissa remained my all-time favorite instructor throughout - loved her double step class - and to this day miss her slide class (one hell of a work out!!).Again, her energy, instruction, and unflinching commitment to her students was (to me) unparalleled.

When the company I worked for started paying for our gym membership at a different facility in East Haven, it took me away from Elite, and Melissa. We did get together a few times afterward, but unfortunately, life got in the way, and we lost touch for a while. It was wonderful when we bumped into each other again while shopping at Walgreens in 2012 - it was as if no time had passed! When she told me about the classes she was teaching at her fitness center I was so excited that I quickly purchased my first of many Be Some Body class cards and (other than nursing a broken foot) have not looked back. I enjoy every class that I take, and just recently took her Boot Camp class for the first time – boy was I challenged! It was such a great workout that I plan on signing up for many more!!

I am so very fortunate that fitness came into my life when it did, and that it became such an important part of my routine at an early age. And I am truly blessed to have had such wonderful people teaching, guiding, and encouraging me from the very beginning of this journey. Melissa's constant support and encouragement is unyielding, and her friendship is something that I will forever treasure ~ *from teacher to friend* ~

Thank heaven for Walgreen's in the summer of 2012! I am back where I belong and am so very proud to be a part of this very special group of women (and William) in Melissa's Be Some Body family. Keep up the great work everyone ~ you are all amazing!!



IT'S NOT WHAT WE DO
ONCE IN A WHILE THAT SHAPES OUR LIVES,
IT'S WHAT WE DO
CONSISTENTLY