



## Be Some Body STUDENT SPOTLIGHT

# Jean Kanyo

The final Student Spotlight for 2018 is a very special woman who is continuously reaching her goals and is truly remarkable. Jean Kanyo is so focused in making exercise and nutrition part of her lifestyle. I met Jean several years ago when she participated in my Pilates class for North Haven Adult Education. She loved the course and continued at Be Some Body partaking occasionally in Pilates, Core classes and even Triple Threat class. Her technique improved as well as her strength and stamina in cardio classes.

I knew big results were going to happen when she signed up for Beach Body Boot Camp in July 2018. It was a definite fitness challenge for her, but she was ready and determined! On the nutritional component, she became very aware of her eating habits by cutting sugar, salty foods, and showing accountability and dedication. All Boot Camp participants are asked to share their goals with me in order for me to assist in making them a reality. Jean's goals were the most unique: she displayed a clear picture of her future of being healthy and active as she and her husband age and enjoy their grandchildren.

I would like to remind future Boot Camp attendees of what you do *now* can make a big difference *later*! She went from a BMI of borderline obesity to a BMI of a normal weight! In five months of participation in Beach Body, Autumn and Holiday Boot Camp programs, she lost 22 inches, 6.6% body fat and 27 lbs. WOW! Jean is a symbol of a healthy glow from sound nutrition and a strong body! I am proud to call her a friend and a strong role model of the Be Some Body family! Congratulations Jean!

♥Melissa

We all face obstacles in our weight loss journeys, whether it be injury, illness, lack of time, money, incentive... For me, it's stress, which makes me crave sweets and comfort food, interferes with my sleep, and drains my energy and motivation.

I first started gaining weight when I was diagnosed with stage one breast cancer at the age of 39. After a lumpectomy, I went to six weeks of daily radiation therapy. Each week the technicians would weigh me, since they worry about lack of appetite and weight loss, but – Oh, ho! Not!! - I invariably put on weight. Shortly after my successful treatments, I was hit with a triple whammy of hitting 40 years old, starting a very sedentary job, and quitting the fitness classes I had been religiously attending 4 days/week. The weight gain started slowly but steadily, then gained momentum, and over the last five years, both my stress levels and my weight have risen rapidly. (Stressors in recent years include down-sizing at work to about 1/3 our previous staffing, another bout with breast cancer, and the loss of two co-workers in their 40s to cancer a little over a year apart.) I felt I was on something of a downward (upward?) spiral.

I've been quite slow to really commit to taking better care of myself. In January of 2014, I asked Lisa and Dorothy if they were interested in signing up for a couple of North Haven Adult Ed classes like zumba, yoga, or pilates. They wholeheartedly agreed, although I do have email evidence that Lisa suggested knitting or apple pie making class instead! Through the NHAE program we met Melissa, and that has certainly changed all of our lives for the better. For a while I was somewhat hit

and miss at the studio, but, greatly inspired by Lisa's health improvements over the past couple years, I decided to sign up for boot camp last July.

### **WARNING! BOOT CAMP IS ADDICTIVE!**

Although I was extremely apprehensive about joining my first session, thinking I was too out of shape to start such a rigorous program, the nerves disappeared the very first session due to the encouragement and camaraderie in the class. When I had difficulties keeping up with the cardio work or weight-lifting, fellow campers said would say "great job" or "just do what you can." Loving the results of that first boot camp, I signed up for the next two. As my strength and fitness improved, as well as the 'fitness' of my clothes, I'd hear compliments like "you look great" or my personal favorite – "you inspire me." It's so great to be with a group of people who truly want the best for each other. Of course Melissa's encouragement and enthusiasm are also very motivating. I would encourage anyone who is considering boot camp but hesitating to go for it.

Life is still stressful. My friend is facing major surgery next month to combat cancer and my husband is being layed off at the end of March. And yet rather than letting stress derail me, I find that taking more control of my health has helped me feel remarkably calm.

I'd like to thank all those who have supported me in this process, especially my husband, Zoli; Melissa, the best fitness instructor ever; Lisa and Dorothy, for fun and friendship; and all the Be Some Body family, for encouragement and inspiration.

*"Hold the vision & trust the process."*