

August Student Spotlight 2016



**BE SOMEBODY
WHO MAKES
EVERYBODY FEEL
LIKE SOMEBODY.**

PAM MANCINI

CONGRATULATIONS PAM! YOU HAVE IMPROVED YOUR STRENGTH AND STAMINA AND POSTURE. YOUR FLAWLESS TECHNIQUE AND FORM EXECUTING THE EXERCISES IS OUTSTANDING! MOST IMPORTANTLY YOUR POSITIVE ATTITUDE AND DRIVE TO IMPROVE IS SO ADMIRABLE. YOUR ENTHUSIASM AND HOW GENUINELY HAPPY YOU ARE TO BE WORKING OUT IN THE STUDIO IS CONTAGIOUS. YOU ARE REVERSING THE AGING PROCESS AND LIVING A PAIN-FREE LIFE WITH NO LIMITATIONS! WAY TO GO PAM!

I have never stepped inside a gym. Up until 2 years ago, my only exercise consisted of walking, and an hour a week of ice-skating. I am an art teacher, so I spend most days on my feet, often bending over students while they work at low tables. My posture was not good, and I was usually too tired at the end of my work day to do any exercise.

At the age of 55, I developed both Osteoporosis and Osteoarthritis. My arthritis was so severe that I had difficulty getting out of a chair. After a 10-minute drive, I had trouble getting out of my car! I was under the care of a Rheumatologist for almost 2 years, and tried several different types of medication. Another doctor suggested I try taking a class at Be Some Body Fitness & Pilates LLC. It took me a year to make the call, and try my first class.

That was 2 years ago. Melissa's classes have changed my life. I am now 2 years pain free, and arthritis medicine free! My favorite class is Can't Resist. I usually participate in 2 classes per week. The varied routines, together with the use of weights, have also improved my stamina, my posture, and strengthened every muscle in my body.

I love the small classes and the individual attention to details. Melissa has an amazing ability to assess each individual, and make sure every exercise is done the correct way. She is talented, kind, caring and motivating. I'm still not sure how she manages to weekly sync the music to the routines, but each class is unique, challenging, and fun. I also have taken classes with her daughter, Allie, who is equally knowledgeable in technique and instruction. She is an experienced exercise physiologist, and can explain how each movement relates to each muscle group. Her classes are equally awesome.

Besides feeling 100 percent better, an added benefit to strengthening muscles is to prevent and avoid injuries.

Since taking classes at *Be Some Body Fitness & Pilates*, I find myself using my exercise positions while gardening, reaching into cabinets, even drying my hair. I know I have prevented back injuries on several occasions because I have learned the proper way to bend and lift objects.

I'm still working on my posture and toning, but I feel better at almost 60, than I did at 50!

Pam