

September Student Spotlight 2016



**TRACEY
BROOKS**

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



I am very excited to announce Tracey is this month's Student Spotlight Superstar for September! I have known her for 11 years and she has always shown so much determination and enthusiasm in all classes. She is open with trying out new class formats which may be out of her comfort zone! I am amazed how she recently achieved a push-up style plank and did many repetitions of renegade rows with such ease! She is the class spokesperson in grunting after a difficult exercise or giggling when she struggles with her balance. She is adored by all! I am her biggest fan because she has been a great friend.

I have seen her endure two rounds of chemo and win the battle of cancer as well as a hip replacement. I admire her positive attitude and her ability to catch any curve balls that are thrown her way.

She recently participated in both Bikini Boot Camp and Beach Body Boot Camp and trained her mind and body to success! We discussed her goals and how to balance her proteins, carbohydrates and fat through counting her grams of macronutrients through My Fitness Pal. She made a huge transformation in her eating habits and watched her sugar and sodium intake. She is dedicated in finding and trying new recipes and has incredible willpower when dining out. Her commitment has paid off! Her birthday is September 8th and it is time to celebrate her new healthy self and buy some new clothes! Congratulations, Tracey!

Tracey lost: 20 lbs. 4.7% body fat and 10.25 inches!

WOW!

I have been going to Melissa's classes since 2005. In the beginning she taught lunchtime classes at my employer's gym. Then in 2012 I moved to taking classes at the Be Some Body studio in North Haven.

I have been exercising for a good part of my life but Melissa is the best fitness instructor I have ever had. She helped me when I was going through some serious health issues and really has been a mentor in getting me back to good health.

My health improved so much as a result of attending these classes that I was able to earn a \$700 health incentive credit toward the cost of my health insurance two years in a row.

Melissa takes the time to make sure the proper form is followed to avoid injuries. Also if you have physical limitations, she will show you how to modify exercises so you can still participate. Since I have attended 2 Boot Camp sessions, I have lost 20 pounds.

Melissa is a kind and compassionate person and a true role model. I am proud to be able to call her a true friend and I cannot thank her enough for being such a caring, excellent friend and instructor!

-Tracey