



Be Some Body

STUDENT SPOTLIGHT

Daria Gambardella

Be Some Body is proud to announce Daria Gambardella as our January 2019 Student Spotlight. Daria has persevered in becoming both mentally and physically stronger. My heart was broken when she initially shared her traumatic story with me. I admire her bravery to help others who are or are facing unbearable, difficult times to know you aren't alone. Most of us like to keep things private, but I have learned recently that sharing stressors with friends, family or professionals allows us to maintain a healthy state of mind—a crucial piece to our existence.

Exercise is a stress release and reduces the likelihood of depression and anxiety by improving mood and social interaction. Daria has gained muscle, impeccable form and an aura of confidence in both exercise and nutrition. She is an avid Barre, Stability Ball and Can't Resist participant. She is always so positive in class and I applaud her 4 years of consistency! She has committed herself for the long haul. I am beyond elated of how she reversed osteoporosis in her spine and we will continue to make progress in her hips. Her pride and joy are her family including her granddaughter, 5, and her grandson, 1.

I think of Daria as a friend and am so proud of she made the choice of pursuing positive changes in her life. *♥Melissa*

I first met Melissa when I, and a few of my coworkers, decided to take her adult education classes. While there, another participant told us about her other classes that she offered at the MECA Center on Washington Ave. I participated in her “45 minute Lunch Crunch” one summer since it was something to commit with since I had summers off. Soon after, I did move up to a Saturday morning class.

Unfortunately, life did a 360 and the next year and a half would be a challenge and exercise was not a priority. In July of 2011 we had a fire that put us out of our home for about 6 months, during which time our daughter-in-law passed away unexpectedly while 5 and a half months pregnant on Halloween due to heart complications. While trying to settle back into some sort of normalcy the following spring, my husband was diagnosed with colon cancer, stage 4, which thankfully did not turn out to be stage 4. During those times, you are just doing what you need to do not realizing what a toll this is taking on you physically and emotionally. At my physical, even though my doctor was aware all that had happened, she was not happy as now I had osteoporosis and called me “pre-anorexic” which certainly was not intentional and no fault of my own. Well now it was time for me to get serious about my own well-being. “You can’t take care of everyone else if you don’t first take care of yourself.” I sought out the advice and expertise of Melissa as to better nutrition and how to gain weight while eating healthy at the same time. I

was also apprehensive as I still needed to exercise for my osteoporosis, but I couldn’t afford to lose any more weight. Melissa got me started on logging into My Fitness Pal, adding healthy calories to my daily food intake and also advised me on what classes would be best for me.

Fast forward to the present, I am now at a healthy weight, I attend at least 2 exercise classes a week, I have graduated to 8 lb. weights, which I never imagined when I first began as I am ashamed to say I started with the few 2 lb. weights. I also did the Customized Boot Camp program Melissa offers and plan to once again sign up for that in the spring. Melissa is more than an instructor, she is a friend, a motivator and confidant. She truly cares about each of her students all the while creating a nonjudgmental, unintimidating family like atmosphere. She knows each of her students by name and their strengths and weaknesses and has a way that makes you push yourself beyond your limit. Others have noticed a change in me and have even noticed my muscles, although small but still mighty. I may even try a 10 lb. weight one of these days and am also excited to say that at my most recent bone density scan, I no longer has osteoporosis in my back and although it is still present in my hips, they are both much better.

As I have retired the first of the year, I look forward to staying committed to a healthy lifestyle, grateful that I found Melissa and the Be Some Body family. Together, you have contributed to my success!

*“Your story can change lives.
Now is the time to share it.”*