

# December Student Spotlight



*Jean Lasczak*

I am so proud to showcase Jean Lasczak as my December 2019 Student Spotlight. Jean is a true role model for the studio and her story is a wonderful way to end the year + decade. Jean began taking classes 15 months ago and it was evident she had Pilates experience. She had concerns about her knees aching and was nervous to do specific exercises such as lunges and squats. Watching her form closely as well as seeing her strength and balance improve at a steady rate was wonderful. The mastery of squats at the barre with proper alignment really helped

strengthen her muscles surrounding her knees. I also must mention the importance of knee health which I provide with my signature quad exercise—everyone loves the purpose and tolerates the agony!

Jean is pleasant, always smiling and she works hard in every class. Her Stability Ball pike is a testament of her core strength, grace and fluidity. I had the pleasure of offering her advice with nutrition when she signed up for a nutritional analysis. Seeing patterns of one's eating habits, balance and how certain foods can affect you in a negative way can put you on the right path of feeling your best. It's rewarding to hear stories of my Be Some Body family running into each other outside of the studio and chatting about why they love the classes. My passion for the past thirty-five years has never changed, but has transformed the lives of others in search of great health and fitness. So happy Jean and Jill had this conversation at Starbucks and shared it with me!

Congratulations!

♥ *Melissa*

Since my early 20's, I've worked to stay fit and have enjoyed many pastimes to support a healthy lifestyle. This included memberships to gyms and "health clubs"; but I was never satisfied with just the gym routine. Then in 2003, I discovered Pilates and I was hooked. I loved what Pilates did to strengthen my core and upper body in a way that weights didn't. I found that it was also a great distraction from the day-to-day burdens. I could spend an hour totally absorbed – listening to the instructor's cues and focusing on the movements. Everything else disappeared for a little while. It didn't come without disappointment though. I have been a client of various studios and fitness centers featuring Pilates since then, some better than others, and watched them close one by one.

Then I found *Be Some Body* and began taking Melissa's Pilates classes. The time during the classes flew by and I always felt engaged, physically challenged, and invigorated. My balance has never been better, and I don't know when it happened, but I realized one day recently, that my knee pain is gone! Melissa has also inspired me to take control of my nutritional health which has brought to light some interesting things that I've been ignoring for, quite possibly, my entire adult life. Melissa's energy, talent, beauty and love her family, friends and clients is truly inspiring!

November of 2018, I retired from a very stressful job and almost 35 years in Information Technology. I'm happier than I've been in a long time. I look forward to being the best person I can be – in mind, body, and spirit and am so happy that *Be Some Body* will be a part of my journey. Now, if I can only master the tree pose with my eyes closed....

–Jean

*“A healthy outside starts from the inside.”*