

# July Student Spotlight



## Tracy Yentsch Inzero

I am thrilled to announce Tracy Yentsch Inzero as Be Some Body's Student Spotlight for July 2019. I met Tracy about 15 years ago at a client's party. Tracy was friendly and inquisitive of what exercise classes I taught in town. We chatted while she was running around after her two young boys and we quickly began our friendship.

Soon after, she was my new student in the Pilates course offered through the North Haven Adult Education—along with her Mom, Mary Ann. They signed up faithfully to all the courses I offered and always had near perfect

attendance! Nothing can be more wonderful than sharing something healthy to both the mind and body with your Mom. The classes were a great way to catch up and connect as mother and daughter!

Tracy had limitations from a car accident and had to modify ranges of motion and movement with one of her legs. She has progressed quickly with Pilates and has increased strength in flexibility in her injured leg. Her consistent effort and determination over the years has transformed her from beginner status to now advanced! She is dedicated to being fit—I would even bump into her many times in the early morning at the local fitness center where she was working out before work. If her schedule allowed, she would engage in other classes at the studio especially during holidays.

Tracy is strong, fit and beautiful. She was recently a beautiful bride in June! She will be facing up to a new fitness challenge in two weeks by participating for the first time in Autumn Boot Camp. I know she will shine! Congratulations, Tracy!

♥Melissa

I've never been an athlete. I never played sports. Truthfully, I was always somewhat uncoordinated and accident prone. I had broken my femur when I was 25 and to this day have metal rods in my hip, femur and knee. I went to the gym occasionally, but really just to awkwardly lift light weights and walk lazily on the treadmill. One day my mother said she was signing up for a Pilates class through Adult Education and did I want to sign up, too? I didn't know much about Pilates. I tried yoga a handful of times, but found it boring. I'm a fidgety person and I couldn't hold a pose so long. When I was supposed to be meditating, I found myself staring at the ceiling and counting tiles. I just couldn't relax.

I thought Pilates was going to be similar. But I was wrong. From the very first class Melissa was welcoming, patient and cognizant of my past injuries. After that first

class, my core and legs hurt for a week! But I kept going back. Every session, my mother would ask if I was going to sign up again. At the beginning I went for her, but I eventually I started going for me. It took forever, but finally I was able to conquer that dreaded roll-up. As I got braver, I made the leap to taking classes at the studio. I leave class feeling sore (the good kind of sore!), stretched and taller. At my height, I'll take all the feelings of tallness I can get. I am so grateful to Melissa and her studio. I plan to continue Pilates as long as I can. I know core strength and posture will be even more important as I get older.

*-Tracy*

*“The difference between ordinary and extraordinary is practice.”*