



Be Some Body STUDENT SPOTLIGHT

Linda Beise

Be Some Body Fitness & Pilates is proud to announce Linda Beise, our May Student Spotlight. Linda began Be Some Body in April 2018. She was determined to try various classes even though she was totally out of her personal comfort zone! I praise her for her consistent attendance in class and great attitude. Today, it's so amazing to watch her improved body awareness, coordination and strength. She always comes in to the studio with a smile and other students love chatting with her. Her past exercise program coupled with adding strength and cardio classes is maintaining her youthful glow and beauty on the outside. Most importantly, her cardiologist was pleased with her improved blood pressure reading and arrhythmia. Linda and I share the same two physicians, Dr. Robert Henry and Dr. Emily Fine. They are both thrilled of the positive impact participating in my classes has contributed to her health! This is just the best compliment! I am also proud to say Linda is a breast cancer survivor! She symbolizes strength and truly embraces a healthy lifestyle. I am thrilled to have her a part of the Be Some Body family!

♥ *Melissa*

Be Some
Body

I had the pleasure of beginning classes with Melissa about a year ago. For some time, I have been seeking exercise that suited my needs. Having survived a couple of serious health issues, I knew how important it was to keep myself healthy through proper nutrition and exercise. For many years I have been practicing yoga which has been an immense help in my overall being. However, I felt additional forms of exercising would be beneficial in improving bone density and balance as well as gaining strength. At one point, I tried a gym but decided it wasn't for me. I continued with yoga in addition to walking the Farmington Canal and climbing Sleeping Giant. One of my physicians had been urging me to consider Pilates and weight training. A friend of mine suggested Be Some Body and am I ever so thankful she did.

I can only reiterate what others have expressed about Melissa. She is an amazing trainer. She guides each of us with encouragement, challenge and individual attention. I can't say enough about my admiration for this remarkable woman and all she does to keep us on track with our journeys. My only regret is that I didn't meet her sooner.

Beginning this training at an older age has been a challenge, but one I embrace. I know I have become stronger, been improving my balance and feel more energetic. Recently I have had positive reactions from my physicians regarding this exercising and the results. My daughter mentioned that she tells her friends how inspired she is by me taking these fitness classes every week, how impressed she is with my discipline in doing so and my healthy eating habits. Although I still have a way to go to obtain my goals, I am committed to a better me. I feel the Be Some Body family is a group of individuals dedicated to strong and healthy bodies. They too are wonderfully supportive and encouraging. I am proud to be part of Be Some Body and honored to be selected for the Student Spotlight. Thank you, Melissa!

“Do something today that your future self will thank you for.”