



Be Some Body STUDENT SPOTLIGHT

Rosa Ward

I am so proud to announce Rosangela Ward as this month's Be Some Body Student Spotlight. Rosa and I met years ago when her daughter and my son were in the same classrooms in elementary school. She began taking classes over the past eight years and has been so devoted and supportive to the studio. She participates in a variety of different classes and does well in all from PUMP, Stability Ball to Pilates. Rosa always makes time to participate in the classes, no matter how hectic her work schedule, juggling college courses and of course family time. She has a beautiful, youthful, healthy glow as the stunning Mother of the Bride (MOB) last year. She knows the importance of exercise and creating a healthy balance of your life and how it makes you complete to enjoy life in a confident, healthy and vibrant body. She is sweet, friendly and always complimentary to all. She is always so thrilled to be a part of the class and is always upbeat and positive. Empowering women should stick together and infect all people with their power of positivity! She exemplifies what Be Some Body stands for and I am proud to have her a part of the Be Some Body family.

♥Melissa

Be Some
Body

Be Some Body, a place where an hour is devoted just to me. It's one of the places that I escape to, to get away from the noise and responsibilities of everyday life. My association with Be Some Body started when I signed up for Pilates through the Rec Center. From the very first class that was held at Montowese School, I loved Melissa's teaching style and individual focus to each of her students. The overall feel good after class became addictive. I felt good, I felt more confident and I felt more in balance after the class. I've always been fortunate to be thin, but I wanted to improve my posture, my core strength, and my overall well-being. I believe if your mind and body are healthy and strong, then one's own personal joy, happiness and strength follows to deal with life's ups and downs.

One of the things that draws me to Melissa's classes is the variety and various focus of each of her classes. My favorite class is Co-motion. It's amazing the degree we exert ourselves through cardio and those darn 3 lb. weights that feel like 20. I walk out of class completely drenched, exhausted but feeling amazing. The variety of classes allow me to work on different aspects of my body. Barre is another favorite. Though I struggle to get there consistently, I love that its focus is on balance, control of movements, core strength and its ability to tighten and tone my lower half.

I am hoping to continue to invest in myself by partnering with Melissa. As the years go by and life goes through its many changes, I recognize that putting time into myself is essential. It's important for me to be a role model for my daughters and teach them that finding the time to take care of your physical well being will pay dividends in not only physical ways, but in mental and emotional ones. I have been fortunate to connect with Be Some Body and Melissa to help me achieve these ends.

*“Your talent determines what you can do.
Your motivation determines how much you're
willing to do. Your attitude determines
how well you do it.”*