

September Student Spotlight



Nancy Samela

Nancy Samela is our Be Some Body Student Spotlight for September! She started at the studio just this past January with her mind made up-ready to follow a healthy path to wellness, fitness and longevity! She has made tremendous progress! In 16 weeks of

boot camp, she lost 13 ½ pounds, 13 ½ inches and 3.2 % body fat. She continues to melt off body fat and now in 10 months is 45 pounds lighter!!! Nancy is strong minded, determined and is always happy to be at the studio! Her focus and intent to learn is admirable. No doubt, she will strive to continue her journey to become stronger and improve her overall fitness. She is an inspiration and I am so proud of her accomplishments and 2019 has proved to be a new and exciting chapter for Nancy!

Congratulations!

♥ *Melissa*

I first met Melissa when I signed up for Beginner Pilates through adult education in October 2018. My weight had been creeping up for years. I was at the point where my doctor said I was pre-diabetic. I had no energy. I was looking forward to retiring but was concerned about how I would spend my time. I did not want to spend my retirement on the couch watching TV and knew I needed to do something to get myself moving. Melissa was just what I needed. After the adult ed. classes ended, I decided to continue taking classes at the studio. I signed up for boot camp. The nutritional counseling combined with exercise classes gave me the structure I needed. I was losing weight and feeling stronger; the more I lost the more motivated I became. I did two boot camps in a row and increased to 4 classes a week. I was on a roll! I am feeling great and loving people's reactions when they see me and my new body. Not only do they comment on the lost weight but how I have a spring in my step.

I have tried to lose weight and get in shape in the past, but my efforts were always short-lived. It has been a year since I started this fitness journey. I know much of my success is due to my own discipline, but Melissa's encouragement and guidance have been critical to my perseverance. I truly believe Melissa is the key to my success this time. Thank you, Melissa!

-Nancy

Your life does not get better by chance, it gets better by change.