

# August Student Spotlight



## Belinda Lindeburgh

Be Some Body is proud to announce Belinda Lindeburgh, our August Student Spotlight! Two and a half years ago, Belinda took her first Pilates class at the studio and I instantly knew she would make the studio part of her new routine. She was so enthusiastic, personable and happy to meet the Friday Pilates group! I must say I am proud of my entire participant base as a very friendly and warm group, but every Friday some special, positive and contagious energy intensifies the studio! Sometimes, it is difficult to begin class because of all the “Be Some Body” friends catching up since last week! I just love that!

Belinda was very adamant initially on her exercise routine of running and Pilates. To my surprise I was thrilled of her ambition to try weight, cardio and boot camp classes! She has great focus, form and drive to do extremely well in all classes.

When I think of Belinda, I think of her as a “beach girl” who would live at the beach every sunny day with her golden tan and blonde locks! She expressed to me her first year residing in Connecticut again with the endless winters, lack of daylight and opportunities to be outside affected her mood and motivation. S.A.D. (Seasonal Affective Disorder) is something many of us experience—especially outdoor runners and beach goers who miss the light!

Last winter, Belinda regularly attended classes with the positive results of increasing serotonin, endorphins and sociability and therefore was pleased of no symptoms of S.A.D. at all! It was a pleasure getting to know her with boot camp and personal training. She is always cheerful, ready to work and I am proud to call her my friend!

♥Melissa

I became a member of the Be Some Body family quite by accident. I had just taken a giant leap of faith into the arms (and home) of my old high-school boyfriend after a long and difficult divorce. My children were gone...the two oldest in college, my youngest having chosen to remain with his father. Life was good, but it was lacking something.

I have always been conscious of my diet and exercise, but only sporadically. Running and Pilates have always been my go-tos, but I've also tried some trendy workouts: Beach Body, Tae Bo, hot Yoga, belly dancing (ha ha). At this point, I was running in my new neighborhood, slowly wandering further, exploring the area, but it just wasn't enough. The social aspect was missing, and I had no friends to run with me. My significant other suggested I try a class. One day I googled "Pilates near me" and low and behold, up popped Be Some Body as #1. Living in Wallingford it was just 10 minutes away, so I decided to reach out to Melissa. From our first conversation, she was so inviting, encouraging and engaging that I had to give it a try! I never went anywhere else.

I loved the format and the Pilates class! I started attending her new Tuesday morning "Can't Resist" class, finally making some much needed friends. I then enrolled in boot camp and did several of those, attending some Sunday

morning Barre classes as well. By nature, I am a morning person, so I am limited to the classes I like to take. Then Melissa created the Customized Boot Camp. Now I can get all the benefits of boot camp: inspiring email messages, great recipes and Fitness Pal accountability without having to drag my butt to a 6:40 Wednesday night Boot Camp class! Melissa has also developed personalized workouts for me that target my "weaknesses" and give me something to do on those days when I just don't want to leave the house. My journey is ongoing... I attempt to work out 4-5 days a week and eat lots of whole grains, fruits and veggies and low-fat dairy. Then there are the days when I eat Reese's Peanut Butter cups for lunch and tell myself I'll offset that with a long-run, which usually doesn't happen. The great thing is that I have Melissa to keep me accountable, and to tell me it's okay to fall off track one in a while.

Be Some Body has become my family. I've met some wonderful people, formed some great friendships and have even found a pseudo-mom (since I don't see my own mother nearly enough). I cannot thank Melissa enough for being there when I really needed someone, for always holding me accountable and for being my friend. I look forward to continuing my fitness journey with her and Be Some Body for many years to come!

*-Belinda*

*Surround yourself around  
fitness minded people.  
Positivity can be contagious!*