



**Be Some Body**  
STUDENT SPOTLIGHT  
*Janet Tennyson*

Be Some Body is proud to announce Janet Tennyson as our March Student Spotlight! Janet has the most positive and uplifting spirit and she shines with traits of unique kindness and positive energy. Her smile is so contagious of the joy she expresses in Cardio Dance class. She can follow choreography, has great rhythm and stamina! Barre class was initially a struggle for her, but she persevered and participated regularly, and I see huge progress; she is stronger, improvement of technique and form and actually can balance on one foot for an extended period of time! Recently, she has been strengthening her core in Pilates. She pushes herself and never gives up even if it's a struggle! She takes such a genuine interest in the Be Some Body family and she is truly one special lady! Outside of Be Some Body, she loves to watch her adorable grandson, Gabriel, and she is a wonderful singer and actress to whom I had the privilege to see one of her shows! She is so talented!

♥ *Melissa*

*Be Some*  
**Body**

My journey at Be Some Body started approximately 4 1/2 years ago when my daughter Michelle told me she thought I would really enjoy the cardio class Melissa offers because it is similar to the dancing classes I loved as a child. I took Michelle's advice and being involved with Be Some Body has been nothing short of fabulous, life changing, happiness and better physical strength and health!

Compliments I have received since starting my fitness transformation are many. First, that I do not look my age. Second, I am 20 lbs. lighter and have not gained any of the weight back over the years! Third, I will be 65 in May and it's the best shape I have been in for over 30 years! I can only wish I found Be Some Body sooner!

My relationship with others and how I personally feel about myself has changed too. I feel more confident in my own skin which is a first time ever, no longer feel embarrassed or inferior as to my mental or physical self and feel more comfortable in the presence of others. My spirituality is also more open and stable. When I look in the mirror, I see a healthier, happier, confident adult woman who knows she is on the right track and who is gradually getting better!

The biggest obstacle I face in my journey of becoming healthier is to never lose sight I am improving and that I am so very fortunate to have Melissa as my trainer! I call her CT's Celebrity Trainer as that is how I feel about the results I achieve and not to make less of any improvements no matter how big or small!!! What is different about my life now is that I am no longer embarrassed by who I am or what I look like. I no longer dodge from having my picture taken, although I still make sure the picture is at my best angle possible!!! Hopefully, as I continue my Fitness Program all of my angles will be just perfect!...!

What I am most proud of is in knowing I have found the right person to be my fitness trainer and in knowing while I am not even close to perfect in all that I do, I have made wonderful progress! Lastly, the fitness environment and Melissa truly understand individual motivation and all students are treated with kindness and respect which I believe defines true motivation and makes Be Some Body a professional and safe place to grow!!!

*“Don't give up just because things are hard.”*