

# November Student Spotlight



## Susan Krah

As I reflect on the month of November, I am extremely thankful to have Susan Krah represent Be Some Body Fitness and Pilates November Spotlight. It is uplifting to see a client—who I initially met for a six-week Pilates course—pursue the journey and keep reaping the rewards of good health and fitness. Susan's accomplishments in one year are astounding! She has physically and

mentally achieved her goals for the year 2019. She enjoys the benefits of regular exercise and being mindful of her diet. She enrolled in her first boot camp the end of June and 6 months later she has lost 17.2 pounds and 4.5% body fat! This result changes you aesthetically, but the benefits to your bones, muscles, organs, and blood chemistry are dramatic!

Susan has increased endurance, strength, and flexibility. I used to correct her technique on exercises but that is no longer an issue. I have noticed a big change in improvements in her posture due to Barre class and Pilates fundamentals. She is always happy to be a part of the studio and it has been so fun to have her in multiple 8-week boot camp sessions! Watch out, she is just going to be better and better in 2020. I can't wait to continue watching her shine!

Congratulations!

♥Melissa

When Melissa approached me to be student of the month for November, I was thrilled. I have read many of the student spotlights from others, which inspired me to pursue this lifestyle change. Here is my story: For a long time, I prioritized taking care of family and putting in long hours at work. While those things are still important to me, I realized that I need to take better care of myself and focus on my health and wellbeing. Over the years, I was a stay-at-home mom and returned to work when my children were in high school. I have spent a lot of time taking care of my family, so I was excited to invest in myself when I realized how essential it is for me to improve my personal health. I met Melissa earlier this year, when I enrolled in her Pilates class with the Hamden / North Haven adult education classes. Melissa offered all of her students a free class at her studio and I decided to join Beginner Pilates. For a few months, I was a regular at the Pilates Mat class and when the Bikini Boot Camp was announced, I decided to give it a try. The encouragement I received from my fellow Boot Camp participants was so supportive and I look forward to coming to classes. The program made me feel so good inside and out and gave me more energy.

It has been challenging to juggle the different things happening when life gets in the way, but I realize that it is important for me to really strive for balance. The way that I feel after classes and the progress that I have made for my personal fitness and endurance has really shown me how important it is to choose to take care of yourself. I am excited to come to class and pay more attention to my diet, because I know that these things will benefit me long-term. I am so blessed with my family, friends, and job, but I am excited and grateful for my health and fitness journey as well. Thank you Coach Melissa for your enthusiasm, drive, and encouragement to “Be Some Body!”

*-Susan*

*To be successful one must change an ongoing process. Quality is a race with no finish line.*