



Be Some Body STUDENT SPOTLIGHT

Wendy Erickson

I am thrilled to announce the Student Spotlight for April is Wendy Erickson! Even though I have only known Wendy for a very short time, I felt like I knew her for years because Lisa Heyl would always mention to me, "Did you get a phone call from my friend, Wendy? I think she will be at the studio soon!" Well, after the holidays in 2018, Wendy was 100% ready and motivated! She signed up for Winter Boot Camp and was so inspired by her friend Lisa and how she maintained her fitness and weight loss over the past couple of years. Wendy was a little overwhelmed of the intensity of Boot Camp and wasn't a fan at first. Each week she was less sore and was showing progress with her form and stamina. I was happy to see her make such dramatic changes to eating healthy and the results spoke! In Boot Camp programs of winter and spring (16 weeks), Wendy did fabulous losing 11 lbs., 3 1/2% body fat and 10 inches! I admired her discipline with her diet and her adaptation to the rigorous workout of boot camp. She also showed progress in core, Pilates and stability ball classes. I am thrilled of her success attaining her goals in such a short time! She is kind, friendly and very upbeat in all classes. Thrilled to have her a part of the Be Some Body Studio!

♥ *Melissa*

Be Some
Body

January 6, 2009 was a day that started out like any other but ended badly. At around 3pm I received a call from my doctor who informed me that a pre-Christmas biopsy uncovered stage 1 invasive ductile carcinoma—yes, breast cancer. Like too many women in the state of Connecticut, I was facing an uncertain future and a mountain of information and decisions to make. I spent the next couple of weeks undergoing multiple tests, biopsies, scans, MRI's and visiting doctors, surgeons, plastic surgeons and oncologists trying to make decisions and assemble the best team for my situation. One month later, on February 3, 2009 I had surgery and started reconstruction. My all-woman surgical team was second to none and at the end of multiple surgeries and procedures, I felt whole again. And with an added blessing of no chemotherapy!

Fast forward 10 years and as I was thinking about what I was going to do to celebrate 10 years cancer free, I decided to focus a little bit more on me. My health, fitness, strength, flexibility, balance and overall well-being. That's where Melissa came in. I had been admiring Lisa Heyl's transformation to this vibrant, strong, fit, athletic woman and I asked her what her secret was and she told me about Melissa. I only saw Lisa intermittently through the years at our company Christmas party (her husband Chris works at CiDRA with me) or at various benefits where we share common interests and every time I would see her, she looked more and more amazing and absolutely glowed! I decided in January 2019—10 years after my breast cancer battle—that I was going to commit to Melissa's boot camp and I signed up.

With great trepidation, I walked down those stairs into Melissa's studio not knowing really what to expect. The first class was hard! The second class was harder! As we moved through the classes week after week, Melissa's ever changing workouts kept us interested and sweating! I did a lot of laughing those first few weeks because part of the class takes a lot more coordination than I'm capable of. But no one cares and eventually I was able to pick up the steps or anticipate where Melissa was taking us next. For boot camp Melissa had us write down our goals and my New Years Resolution was to lose 10 pounds and 10 inches in 10 weeks. For the 8 week boot camp, I was able to achieve a loss of 8 pounds and 8 inches! But well beyond the numbers on the scale and on the measuring tape, being part of Melissa's boot camp made me change a lot of very old habits of working too much, allowing stress to take over, and feeding my chocolate addiction (and let's not forget about the wine!). Now I schedule exercise on my calendar, whether its one of Melissa's classes, a run outside or a spin class. I try to do something every day and make that the priority. Melissa helped me to change the way I think about my day and I've created many new healthy habits instead of my old unhealthy ones. Thank you Melissa!

“She knew the power of her mind & so programmed it for success.”