

January Student Spotlight



Dale Norton

Starting a new month, year and decade, Be Some Body is proud to announce Dale Norton as the January Spotlight. Dale has been such a dedicated student and friend for the past 14 years. She has signed up repeatedly through the North Haven Adult Education Pilates course and has joined a variety of classes at the studio as well. Dale's exercise regime maintains her lean body frame with no fluctuation over the years—which is so difficult to attain. Improving her

cardiovascular endurance, core and strength has been a successful journey.

Dale demonstrates in every class of being 150% present. She is there with a purpose, focus and concentration. I sense her mind at work to unite her body to ensure it is following the orders. She thinks like an athlete and it's a wonderful quality to own. She is living proof of the benefits of both fitness and Pilates classes by seeing such a difference of her posture, flexibility and stamina. Her overall strength and athletic shape are admired, and she is totally reversing aging!

She is especially thrilled and energized after finishing a difficult class like Saturday morning PUMP and is always grateful she didn't decide to hit the snooze button and miss it. This woman is going to continue making strides nothing short of incredible in the years to come with fitness!

Congratulations!

♥ *Melissa*

To say I was surprised when Melissa approached me regarding January's Student Spotlight is an understatement. I was very surprised because I didn't feel there was anything special about my routine, my attendance in classes, or my fitness journey. It was only after thinking about it for a while that I realized my personal journey is special and much of that is due to Melissa and her approach to fitness and lifestyle.

I've always been active and enjoyed "doing" things, but nothing was consistent. I was a start and stop person. I'd sign up for classes and when the 6-8 weeks concluded so did my involvement. Throughout my jazzercise, aerobic, Zumba adventures, Pilates always intrigued me. I hoped it would improve my lack of flexibility. I took continuing education classes at various places and even bought the Mari Windsor VCR tapes (yes, the infomercial!). It wasn't until I signed up for Melissa's Pilates continuing education class at the brand-new North Haven High School in 2006, that the desire to keep going once a session finished was ignited. I loved how Melissa explained the history of Pilates, taught us how to breathe properly, and ensured we executed good form (let's just say using the VCR tapes did not do this) all while providing encouraging feedback. This class just made me want to do more; I wanted to continue after the session had ended. It was at that point I visited her studio for my first stability ball class. With a great soundtrack playing in the background, I clearly remember having "fun" and with that I was hooked.

That was 14 years ago, and a consistent fitness routine has been part of my life ever since. I'm very active and like to mix things up. I play a lot of tennis and whether it is Pilates, Pump, Triple Threat or Co-Motion, all have helped me improve my endurance, strength and ultimately my entire game. I can honestly say, that Melissa jumpstarted my inner need to stay fit and active. I like the ad slogan, "A body in motion stays in motion" and to ensure that is true for me, Be Some Body will be part of my life for many more years.

-Dale

"Be in the present moment."