

# March Student Spotlight



*Nancy Rowe*

Congratulations to the Be Some Body March Spotlight, Nancy Rowe! Nancy recently celebrated a birthday on March 4<sup>th</sup> and is definitely a fitter, leaner and healthier version of herself! I met her a couple of years ago when she participated in consecutive Pilates courses through the Adult Education Program. She began her journey at the studio in November 2018 when I offered a beginner Pilates class. She became stronger by focusing on her placement and technique.

I was amazed when she stepped out of her comfort zone and began trying other classes.

I admire her positive mindset and how her outward appearance is very relaxed. She adapts to very unfamiliar class formats and never gets discouraged even when exercises are difficult. She pushes herself to continually improve and she succeeds! I am grateful that Be Some Body has a reputation of having supportive, positive and encouraging students. You all are what really makes the studio so unique. Nancy adds to this with her perseverance and frequent participation in classes. She has proved in accomplishing a stronger and leaner self. I look forward to her continued journey of feeling and living her personal best of optimal health as we begin a new decade!

♥ *Melissa*

When I look in the mirror, I see a trimmer me. The reflection shows improved posture and a welcome waistline indentation. To my delight I have decreased one size in my zippered pants as my core muscles are stronger and provide a natural girdle. Family members and friends have noticed my appearance and complimented me. I feel stronger and I enjoy feeling stronger.

I am most proud of doing a roll-up. It took me over one year to accomplish this move. Melissa was encouraging in class, and following her tips at home I practiced with my sneaker clad feet hooked under my couch. Focusing on my breath and moving slowly curved with control I finally succeeded. What a fantastic feeling of achievement.

My biggest obstacle to become fit was procrastinating me. Melissa makes each class fun while keeping it challenging. I want to attend classes; I leave feeling energized. I also appreciate the music coordinated to the tempo of the class. Thank you, Melissa!

*-Nancy*

*Stepping out of your comfort zone and trying  
new things is the best way to GROW*