

# August Student Spotlight



## Nancy Walker

I am proud to announce Nancy Walker, the *Be Some Body* Student Spotlight for August 2020. The first thing that comes to mind when thinking of Nancy's journey is her participation years ago in Boot Camp. She exemplified so much enthusiasm and commitment with a very tangible goal in mind! Her focus on fitting into "the beautiful dress" for her daughter's wedding and making it come true was such a feeling of victory! She wore it with a glow of confidence and beauty! It was one of those "ah, I did it" moments! I was so proud to be her Coach!

She began her journey in 2011 with a wonderful team of friends who were already *Be Some Body* enthusiasts. She would participate in Pilates, Barre, Pilates, Can't Resist, and Boot Camp. I also remember Nancy always mentally wanting to be at the studio, but work, traveling and injuries kept her from keeping with the consistency of regular exercise even though I always applauded her active vacations with her husband or friends and partaking in outdoor activities.

Then, we have all have experienced a curveball in our lives of the COVID 19 pandemic. Nancy saw this as an opportunity for some self-care and to become a "regular" participant and has taken 45 classes in 6 months. She has taken both outdoor, Zoom, and all class formats. Her personal training sessions have improved her form and technique. There is nothing more rewarding as a trainer to correct a student and have them maintain their good form habits in a group setting. As Nancy begins her next chapter, I know she will continue her exercise regime and maintaining her good health and happiness for her own self to enjoy all the wonders life has to offer especially the energy to keep up with her beautiful grandchildren!

♥Melissa

Since 2011, Melissa and Be Some Body have been a mainstay in my life. Lanch McCormick, my hiking buddy, introduced me and opened up a whole new aspect to my exercise life. Although I have always been active, I found it difficult with a family and a job to maintain a consistent exercise schedule. The variety of classes Melissa offered, and the variety of times made it easy. I began with Pilates, then convinced Marjorie Dauster to take a boot camp with me. The 6:30 pm classes worked out well with my 9-6 work schedule.

Although I moved to Virginia for a year (mid-2011 to mid-2012), I returned both to my old job and to Be Some Body. Melissa and the studio classes have helped me through many transitions: turning 60 (that seems like ancient history now); weathering various injuries, preparing for the weddings of my two daughters, and becoming a grandmother. When my older daughter got married, Melissa and boot camp helped me lose the inches and pounds necessary to fit into a size 2 mother-of-the-bride dress that my sister had worn for her daughter's wedding. That was no easy task!

And now, Melissa has kept me sane during the pandemic! Though I miss seeing everyone, I love the Zoom classes, especially while working from home. I can take a break when needed to tune into a class, and I am rarely late (this was always an issue with getting to the studio). I like doing classes in my living room where I can look out my window, or, if it's not too sunny, I can take my computer outside. Sometimes my dogs exercise with me, if they are not too crazy. Melissa's precise instructions and demonstrations translate well to Zoom, and, other than a few rare technical issues, the classes are excellent! During the pandemic I also took a few one-on-one classes with Melissa over zoom. They were also great!

I look forward to another decade with Melissa. New transitions and challenges are ahead (I'll be retiring soon, and I am expecting another grandchild) but Melissa's classes will keep me active and healthy.

*-Nancy*

**The only thing we can control is ourselves: our actions, reactions, and the choices that we make in our relationships every day.**