

September Student Spotlight



Doreen Stathis

As seasons change, I am proud to showcase Doreen Stathis, the Be Some Body September Spotlight. Doreen began her journey with me 1 ½ years ago. She was excited to take classes and really loved the intimate studio environment. We did one beneficial personal training session to assist her with form and technique of the basic exercises such as a squat. One of my great pieces of equipment that assists in aligning your body up with proper posture and, shoulder, hip to knee placement is the Smart Squat. It's comprised of a balance platform to help guide the exact amount of weight to be placed to execute flawless form.

Doreen is a quick learner and she applied the knowledge to improve on her form consistently in the group classes. She embraced the opportunity to get in shape and work on her nutrition during the pandemic. Saving time from working from home opened the door to participate in zoom classes. She has added more intense classes to her Be Some Body repertoire such as H.I.I.T. Low Impact, Outdoor Recess. Ironically, her friend, Kathy Branca, who referred her to the studio and recently moved to Florida is a teammate in Autumn Boot Camp on Zoom. Doreen's mind-set of treating herself well during tough times and safely socializing in the great outdoors is an energizing, fun way to release stress with the ultimate goal to build strength and stamina. She is kind, positive, and enthusiastic! I appreciate your thoughtful posts on Facebook about how great she feels being a part of the Be Some Body family! Thank you!

Her next goal is to fine-tune her nutrition with the Be Some Body LEAN Nutrition Program next month. I'm so thrilled to continue coaching her to achieve all her goals in her healthy lifestyle and to be a beautiful MOG (Mother of the Groom) in 2021.

♥ *Melissa*

I have for most of my life watched my weight and exercised. As life goes on ups and downs, so did my journey of weight loss and fitness. After having two children and becoming somewhat lax I was always fighting to try to stay in check. At 60 years of age, my mother suffered a heart attack, which she is lucky to have survived considering she had to have open heart surgery along with seven bypasses. Four major arteries and three branch arteries. While in the hospital, her doctor looked at my brother and I and said you need to take notice. This is hereditary. Start now taking care of yourself to help prevent this from being you. I will never forget that conversation. So ever since then I have been diligent. It is not always easy. I also suffer from an auto immune disease which afflicts me with arthritic pain and swelling and lung problems. Exercise is definitely a great help. I feel so much better when I keep moving.

I went to a local gym for nine years. I thought I was doing a great thing. Taking classes and making sure I did cardio also. Not happy with my results and feeling very discouraged, I happen to see something my girlfriend Kathy shared on her FB page about Melissa and Be Some Body. It was the perfect timing for me. It was exactly what I was looking for and after speaking with Melissa I was so excited to join her group. I found out that even though I was working out at the gym, my form was so wrong for so many exercises that it wasn't helping me at all. Her nutrition guidance has also helped me greatly. Finding the right foods to eat but with some variety. I would get stuck in a rut of eating the same foods for convenience and it became very boring. I strive to be in good health and ever since turning 50 years of age and onward, my body had definitely changed. I could not lose weight like I used to. It was much harder to do. With Melissa's help, I am able to do a workout that fits me, and works.

My next challenge is Autumn Boot Camp which I am looking forward to. I know with the support of my husband, who has been my biggest fan, and all the wonderful strong supportive women at Be Some Body it will be a great experience. I can't wait to challenge myself. Thank you so much for the honor of being the Student Spotlight at Be Some Body.

-Doreen

**“Success is about evolution.
Change is healthy. I like to
reinvent myself.”**

— Faith Hill