

# June Student Spotlight



*Shelly Mattei*

I am excited to announce Shelly Mattei as Be Some Body's June Spotlight. I had the opportunity to meet Shelly at our pre-measurement appointment for Spring Boot Camp. She was so excited, motivated, and a little nervous about the next eight weeks. She was inspired by doing the course with her close friend, Fiona. Their united enthusiasm and commitment to aspiring to be successful together was indestructible. A fitness buddy keeps you from slacking off, accountable, and the courtesy of not disappointing your friend by quitting. Spring Boot Camp began with many participants excited in moving forward with winter behind us. The fear and worry of the unknown were starting to weigh our minds.

As the studio shut down along with everything else, we had a couple weeks of social distancing with several classes outdoors. I had the opportunity to hike with Shelly as part of my class at Sleeping Giant and she shared me a glimpse of her work, family, and lifestyle goals. All of us were logically thinking optimism and none knew the extent of how this virus was going to affect us. We were thinking short term closing of a couple of weeks and were hopeful of upcoming vacations in late spring would be possible. Unfortunately, this virus hit the United States hard and this pandemic has changed all of our lives.

Shelly works at Yale New Haven Hospital and has treated her respiratory patients during the pandemic. We are all grateful for her service and applaud her self-care of making herself healthy! Watching her body transform through losing 20 lbs. as well as gaining strength and overall fitness has been amazing! She blew me away seeing her in zoom classes working her tail off leaning out and become this confident, fit and beautiful individual! Her meals were well planned and balanced with protein and lots of vegetables. Shelly was in it to win it, meaning her own personal competition with herself. She never missed a Zoom boot camp class, kept the momentum going of taking all the 8 extra classes, and continuing her Be Some Body journey today. I admire her will to do what she set out to do even with the largest obstacle of COVID-19 in her way. She will hit more milestones with her fitness journey, and I am incredibly proud of her!

♥ *Melissa*

I have always been thin and in good health but when I hit my mid 40's my body started to change, and I was not able to control the weight gain even with healthy eating and exercise. I hit my 50's and I was really not happy with my appearance or even how the added weight effected how I felt about myself. When I looked in the mirror I didn't recognize myself. I have always prided myself on exercise and a fairly healthy lifestyle and I do not want to end up with the same diabetes and heart disease that my maternal family is riddled with. My blood work in January came back with a very slightly elevated sugar level it hit me that I just need help. I was the biggest I have ever been and sad about it.

When my dear friend Fiona suggested we take Melissa's Spring Boot Camp together I was all in. Fiona raved about Melissa and her class and how she was never in better shape then when she took Melissa's class. I thought this is what I need—someone to help my perimenopausal body with nutrition and accountability!! I thought I eat healthy but maybe I need to eat differently now! I must admit, I felt very self conscious about my size and being in a group class but I went to 2 classes at the studio and a couple outside classes before the pandemic hit and I found everyone I met to be very welcoming, friendly and very encouraging!! And I can see why Fiona raved about Melissa! She has been great!

I have lost quite a bit of weight and honestly the exercise has really helped me stay focused and sane during this Covid-19 disaster. I work at Yale New Haven Hospital as a Registered Respiratory Therapist and have been in the out patient setting for almost 4 years as a pulmonary function technologist. 13 weeks ago I was deployed back to the in-patient ICU's during Covid-19. I am so grateful to Melissa for keeping up with her class schedule on zoom and the encouraging emails every week! It has given me something to look forward to amidst this chaos. I look in the mirror and I see myself again! I have more work to do but I am so much happier with myself!! Thank you Melissa! I hope to get to know the Be some body family better as we get back to a more normal life. Thank you!

*-Shelly*

**Instead of worrying about what  
you can't control, shift your  
energy to what you can create.**