

April Student Spotlight



Lucia Franco

Lucia Franco has earned her Student Spotlight princess reign at *Be Some Body* for the month of April 2020. In these unprecedented times of our first full month of the pandemic, Lucia has been a regular in taking virtual classes. I am proud of her commitment and dedication during difficult times. She sought the opportunity of not having work scheduling “get in the way” to reclaim her fitness goals! She improves her stamina in PUMP, flexibility in barre class and, core strengthening in Pilates.

I am proud that she has limited pain from any muscular and joint issues and I can “see” her zooming with no modifications.

Lucia is overall stronger both physically, and mentally—I love the boost in her confidence! She is excited to have lost 12 lbs. in the past two months! Way to go! I was also happy to help Lucia with thyroid issues she was having a few years ago after studying thyroid case study in clinical nutrition and offering her nutrition recommendations. Lucia has been a supporter and a devoted participant of mine since my days of dropping my three little ones in the babysitting room of Manhattan Fitness to instruct a class (at least 20 years ago). She always makes me feel welcomed and appreciated with her warm smile, great personality, and kindness. I am so grateful to have the opportunity in keeping my friend fit and healthy then, now and in the future!

♥Melissa

I started on my fitness journey years ago. After having my first child at a very young age, I started bicycling more. I soon became caught up in the aerobics craze and then later, into body-building. My biggest trouble spot was always my legs. I wanted that long lean look again which directly competed with the body-builder in me. I joined a local gym in my town about 20 years ago and that is where I was fortunate to have met Melissa who was a young Mom and instructor for the group classes. I loved her Pilates classes. My legs were leaner for the first time in my life!! Melissa always worked to find ways that challenged me and really watched my form and progression. I admired her professionalism and dedication to her students and then BOOM the gym closed! I had no way of getting in touch with her so for a while I searched new instructors to no avail. They just didn't have the dedication and commitment Melissa has.

Thankfully, I happened upon bumping into Melissa and she told me she was opening Be Some Body. I was thrilled and have been a member ever since. She is a constant source of inspiration no matter what life throws at her. In recent years, I developed a thyroid condition and had some very stressful situations and as a result I gained over 40 pounds. Melissa was a great source of strength and guidance. It was so frustrating that for the first time in my life, I just could NOT lose the weight. Melissa, who is also has a degree in Nutrition gave me such great advice. She was steadfast and POSITIVE. She gave me important articles on my nutrition as it relates to thyroid issues, listen to my body and to keep going and it will happen. She LISTENED to me and her response is always genuinely kind and caring!

After a few years of thyroid maintenance stuff, I am happy to be more energetic, I'm less anxious and I have finally begun to lose that extra weight. Thank you Melissa! I don't only consider you to be the "BESTEST" Pilates instructor in the universe, but I also consider you to be a friend. I would also like to thank my fellow classmates who also inspire me and taught me Laugh-a-lates!!

-Lucia

**Tough times never last,
but tough people do.**