

May Student Spotlight



Susan Sobolov-Jaynes

I would like to congratulate Susan Sobolov-Jaynes as Be Some Body's May Spotlight. I met Susan several years ago when she joined my weekly Pilates class at Alexion. She always entered the fitness center with a warm smile and was eager to reap all the benefits Pilates had to offer! She was recovering from knee surgery and was apprehensive if Pilates would be the best way to aid in her recovery. She enjoyed the strengthening and stretching with some modifications. Her Pilates training technique improved quickly. Her injuries were healing, I was thrilled to hear she wanted to join *Be Some Body* to strengthen and condition overall. I offered her modifications in taking a variety of classes, but she

made it a process and kept pushing herself. She tried all class formats and did very well!

Due to business travels, she would revolve her participation based on her availability. I was excited for her when she joined Customized Boot Camp! Even though it was during the pandemic, she was able to have a regular exercise regime due to her lack of traveling. Even though we dwell on the negatives of this difficult time for all, there are some time allotted self-care strategies that have made us healthier. Having some free time in our busy world can bring forth some healthy habits—both mentally and physically.

I am so proud of Susan turning a negative time into a positive time of devoting time to her boys, exercise and good nutrition. Susan's family owns the beautiful Broken Arrow Nursery where the air is clean, and the picturesque land of trees make it a wonderful place to take long walks with her dog. I am happy she saw physical results, overall progress from dealing with both her auto-immune disease and injuries, and now the ability to do challenging classes, feel strong, flexible and increased stamina. I am sure Susan is so grateful of the chance to experience this new level of fitness that was unimaginable a few years ago! Way to go Susan! Your positivity and happy disposition make you a bright light at *Be Some Body*! Can't wait to see what you accomplish next!

♥Melissa

I have been working maintaining my weight, strength and health since I was a gymnast growing up and then a college cheerleader (I don't admit that much anymore). I also found a great love of skiing during college in Vermont. Running and weightlifting were the majority of what I did until I got my first job and had access to classes and found I enjoyed step and yoga. During mid-20s to early 30s, I developed an autoimmune disease, ulcerative colitis and dealt with being steroids for about 5 years, causing my weight to go up and down depending on my health status. Once my disease was under control, I went full time jobs and three little boys, making it quite difficult to maintain a good workout routine. I used weight watchers from time to time to help bring my weight into the range I was happy with.

In 2007, I started commuting to Cambridge for my job for about 5 years and tried many different classes at different studios to help keep me sane but ran into gym closures, teachers leaving, and this lack of consistency always led to fitness and weight ups and downs.

I was hired by Alexion and when it moved into a new building in New Haven with a gym, I quickly too the option to join and Melissa and her Pilates class. It was also when we made the decision to move to Hamden leaving me looking for a new gym/classes. When starting Melissa's classes, I was recovering first from ACL surgery (ski accident) and then a tibial plateau fracture (ski accident) and she was just terrific in providing modifications and Pump, Barre, Stability ball class has been great for build strength and flexibility to support my continued love of skiing, as I am not giving it up without a fight.

This spring I decided to try bootcamp to go to the next step of good nutrition and the commitment of several classes every week. My first week was in March before the COVID19 restrictions. I am so happy to have started then, changes started, first I was able to first participate in some outdoor classes and now a consistent participant in zoom classes. I have lost 5 lbs. since March (not official on Melissa's scale) and am looking forward to getting measured to see the difference as I feel the strength improvement and participating in zoom classes has really helped during these past 10 weeks of quarantine. I look forward to getting back to working out in person at Be Some Body.

-Susan

**Start by doing what's necessary;
then do what's possible; and
suddenly you are doing
the impossible.**