

# MELT Method™ & BodyART™

It is my mission to inspire people to create a life they love and a lifestyle that promotes optimal health. Physical fitness and healthy eating habits are vital to living your best life but so is enjoying yourself. I have an equal affection for kale and donuts, and I believe there is room in life for both. It's all about BALANCE!

As an athlete and dancer all my life, I've enjoyed a career performing Off-Broadway, on TV, Commercials, Industrials, and in theaters across the United States. Early in my dance career I had a traumatic fall resulting in multiple surgeries and ongoing pain issues which threatened to end my career several times. I went from being in pain 24/7 to learning how to address the root causes of pain and train my body in a way that involved “working smarter, not harder”.

In an attempt to stay in the industry that I love when I was in too much pain to be onstage, I began going out for commercials and print work and found a niche in Fitness Modeling. This introduction to the fitness industry gave me the opportunity to work with and be mentored by some of the top trainers in the fitness industry including Lisa Wheeler, Sue Hitzman ([MELT Method®](#)), Robert Steinbacher ([BodyART™](#)), and Leandro Carvalho (Brazil Butt Lift). I've had the pleasure of appearing in DVDs/Infomercials for Beachbody (Brazil Butt Lift, Asylum, Hip Hop Abs, Slim in 6, Turbo Jam and Rev Abs), Qinetix, several fitness media companies and print ads in *Women's Health*, Japan and Hong Kong *Elle*, and *Runners World* and for clients including Capezio, Reebok, Target and many more.

In hindsight, I consider this detour an enormous gift which has inspired my choice to build a career around empowering people to be their best self.

Learning to “work smarter, not harder” culminated in training and certifications in the [MELT Method®](#), [BodyART™](#) and Pilates. Through practicing the [MELT Method®](#) and several other stabilizing modalities, I went from feeling exhausted and physically debilitated to fully active. I was able to dive back into a career focused on fitness with the freedom to continue working as a fitness model and dancer. As a result, injury prevention and recovery for dancers has become a huge passion of mine.

As a graduate of the University of Connecticut with a major in Nursing and minor in Dance, I’m a little obsessed with keeping up on new science and the latest developments in exercise physiology. From my experience as a NICU nurse at New York Presbyterian Cornell Hospital, I have a huge heart for pre/post natal fitness/wellness and empowering new moms to stay healthy and in-motion through (and after) their pregnancies.

Currently you can find me teaching in NYC at [Body & Pole](#), [Core Pilates NYC](#), Broadway Dance Center, giving master classes/workshops across the United States, and hosting my own workouts on [www.qinetic.com](#). By infusing positivity and a sense of adventure into your fitness and wellness journey, we can accomplish your highest goals with ease and joy. Whether your goal is to run a marathon, dance on Broadway or relieve chronic pain, my unique background can help you on the path to reach your full potential.

I currently live on the Upper West Side of Manhattan with my husband and adventure buddy, Michael.