**Full Name:** Melody Kathleen Davi

**Where were you born?** Aurora, Colorado

**Where did you grow up?** Colorado and Northern California (Nor Cal!)

**What's your biggest passion?** Health and wellness, but specifically the use of movement to better one’s daily outlook and quality of life. And my dog, Skooter. Actually, he may come first!

**Tell me about your career. Have you changed direction? If so, why?** As a kid, I dreamed of becoming the first theatre actress/astronaut to perform a musical on the moon. The closest I got to this was traveling internationally for many years as an entertainer. (Though some destinations felt like another planet!) The love for health and wellness that dance instilled in me prompted a transition into my current line of work. Maybe now I will teach the first dance cardio class in outer space?

**What do you wish you knew when you were younger?** One should work to live, not live to work. I had spent a great deal of my life focusing solely on the “next step” as far as my career was concerned. In doing so, I ended up not truly enjoying some amazing experiences. Letting my priorities shift to what’s really important in life has brought me greater joy on a daily basis!

**What's your fitness style?** With this summertime humidity? Headgear, headgear, headgear! My lovely (not) Italian locks frizz up like a lion’s mane, especially when drenched from dancing. If I’m not rocking a hat, you’d better believe I’m sporting a headband from the stash in my bag. And I own a closet full of Brooks sneakers!

**What's the best piece of health/wellness/dance advice you've ever gotten?** Strangely enough, “do everything in moderation”. I am an all or nothing kind of gal. If I love a workout, I want to do it 7 days a week for months straight. If I’m into a new food craze or “diet” (Paleo much?), it is all I swear by. In both cases, you can either get burnt out, injured, or just plain defeated. When I learned how to enjoy small indulgences, some rest days, and allow myself to not be “perfect”, I discovered my healthiest self!

**What's something most people don't know about you (that's maybe a little funny or weird)?** I played recreational basketball as a young teen. Though I couldn’t shoot a hoop to save my life, I was the most down-n-dirty defender out there on the court, and ended up being nicknamed “The Harasser” by my coach. Watch out for old school training drills (fast feet! jump squats! lateral shuffles!) that always pop up in my classes.

**What's your guiltiest pleasure?** Cheese. Just any and every kind. The stinkier, the better! (Although my heart will always belong to good old fashioned Parmesan. Again, I’m Italian...)

**What quality do you really cherish about yourself?**

I truly enjoy listening to and helping others. (Maybe I should have added therapist to possible occupations?) Being a personal trainer allows me assist others in finding a physically healthy self, but in general I truly enjoy supporting people as they talk out life’s issues. Want to grab a coffee and vent to an open ear? I’m your girl.

**Anything else about you that I missed?**

Oh, just one more guilty pleasure: lying out on any and every beach. Some day down the line, my old bag o’bones will retire to the Amalfi coast, drinking Prosecco and eating cheese every day!