

WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.



Health & Wellness Newsletter

Volume 6 Issue 5

May 2011

Collated by Jamie K. Sato, DPT, OCS



EXERCISE MEMBER OF THE MONTH: **LYNN REESE**

Lynn has been an exercise member at Westgate Physical Therapy for ~4-5 years. She first came to Westgate PT as a patient after getting a total knee replacement and then continued as an exercise member once she was done with physical therapy.

Since the picture to the left (taken in 2009), Lynn has lost 60 pounds! After fracturing her pelvis in December 2009, she decided “enough is enough.” She tried an epidural injection to ease her low back pain. When that didn’t work, she decided “I’m just going to do it on my own.”

Lynn joined Weight Watchers® on July 19, 2010. While she had always been an exercise member, she began coming in more regularly and working harder and longer. She now comes in 5 days a week and works out for ~1.5 hours per day. She rides the stationary bike, walks on the treadmill, does stretching exercises, and resistance exercises using the free weights and weight machines. On coming to Westgate PT, Lynn says “coming here has made a world of a difference. Everyone here is so encouraging.”

Lynn loves to travel in her spare time. Since shedding the weight, she can now enjoy her travels even more. “It just feels good to be able to get out and do stuff.” Lynn spoke about how being overweight contributed to her low back pain and kept her from doing the activities she enjoyed. Now she can go for walks, travel, and work in her yard. “I used to barely be able to walk from my front porch out to the street.”

Lynn has been married for 44 years this December. She has 2 daughters and 5 grandsons. Her decision to get healthy has inspired other family members to change their lifestyles as well. They plan on walking the 5K trail at Chambers Bay Golf Course toward the end of this month.

The picture to the right was taken during one of Lynn’s workouts at Westgate Physical Therapy in April 2011. She says that she has another 25 pounds to lose to reach her goal weight.



TACOMA-PIERCE COUNTY *BikeMonth May2011*
For details and additional events visit *PierceTrips.com*

- **Saturday, APRIL 30** 10AM -2PM
Tacoma Bike Swap
University of Puget Sound
Fieldhouse,
N 11th Ave and Union
 - **FREE BIKE FILM!**
Saturday, April 30 7PM
“*E.T.: The Extra Terrestrial*”
University of Puget Sound
Fieldhouse
N 11th Ave & Union
 - **ALL MONTH! MAY 1-31**
*Bike to Work Commuter
Challenge*
Log your trips at
PierceTrips.com
 - **ALL MONTH! MAY 1-30**
Free Flat Repairs
Tacoma Bike
309 Puyallup Ave, Tacoma
 - **Wed., MAY 4** 6:30-8PM
*Bike Maintenance for
Women & Girls*
Playback Sports
1306 N. I St, Tacoma
 - **Thurs., MAY 5** 10:30-4PM
Bike to Market Day
Tacoma’s Farmer’s Market
Broadway btwn S 9th & 11th
 - **FREE BIKE FILM!**
Thursday, MAY 12 8PM
“*Rad*” (age 21+)
The Red Hot, 2914 6th Ave
 - **Monday, MAY 16** 5-7PM
Bike to a Better Tacoma
The Hub, 203 Tacoma Ave S
 - **Thursday, MAY 19** 5-8PM
Zeit Bike: Bike Racket
Tacoma Art Museum
1701 Pacific Ave
 - **Friday, MAY 20**
11:30AM-1PM
*Bike Commuter Picnic &
Fashion Show*
Pierce Transit Theater
Square,
Broadway btwn S 9th & 11th
RSVP to:
bikeswap@cityoftacoma.org
-

Westgate Orthopaedic Physical Therapy & Exercise, Inc., P.S.
2102 N Pearl #203
Tacoma, WA 98406