

**Marcus Nemuth, M.D.**

It is my pleasure to write in strong support of Ms. Monica Donald.

I have had weekly contact with Ms. Donald for two years in the role of exercise client, medical consultant, and client referral source. In addition to my personal experience as her client, I have observed her work in a variety of settings with a wide range of individuals receiving her services. I have participated in consultations with her to a licensed Physical Therapist, a movement Kinesiologist, and in nutritional counseling.

Ms. Donald is a gifted, dynamic, and inspired practitioner of wellness arts. She is rigorous in her pursuit of expanded levels of knowledge and credentialing in her field and has a bright future helping individuals develop and maintain healthy life skills.

Ms. Donald's personal growth in exercise fitness dates back to her years of competitive Ice Skating 1990 - 95 in Detroit where she won numerous medals. Daily training in ice-skating fostered her interest in physical expression and led her away from competitive sport as she discovered her deep interest in healthy mind/body balance. As she aptly says, "I am devoted to fitness for life, not fitness for the gym". In the following years she became a student of Yoga in Tucson focusing on movement, form and breathing. She devoted herself to fitness activities and learning which explored the strong mind/body connection.

This led her to develop skills as a trainer with a focus on holistic health based on formal study and apprenticeships. She studied at Pima Community College in Tucson for two years holding a 3.86 GPA with her focus in general science. Following her experience in traditional education she studied and became certified through National Academy of Sports Medicine (NASM) and through the C.H.E.K Institute (Corrective Holistic Exercise Kinesiology) in Vista, CA.

In Seattle she was recruited successively to work at the following facilities: Pure Fitness in 2002, All Star Fitness in 2003, and Extreme Fitness in 2004. She spent a year at each location and was recognized by her employers and clients as a superbly skilled instructor.

In 2005 Ms. Donald and her highly capable co-trainer Stephen Stanfield established their own wellness training facility, "Studio 122", on South Lake Union. They created a sophisticated yet comfortable studio environment bringing together a wide variety of tools to train clients with the most functional means possible. Her work at "Studio 122" begins with private individualized assessments of clients using formal methods to evaluate posture, flexibility, and testing of functional core strength and balance. She is astute at recognizing physical imbalances and functional deficiencies. She designs individualized training programs with thoughtful consideration of clients basic exercise needs balanced with their own desires and goals.

Monica speaks of her work as "tutoring clients that their body is a tool they need to learn about" to optimize their "physical, psycho-social, and spiritual wellness". She emphasizes corrective exercise, postural balance, nutrition, musculo-skeletal strength and coordination, core conditioning, and mobility. She helps clients discover and utilize their mind/body connection for healthy strong living. She calls this, "Living Lively" and subtly helps clients amplify their individual strengths. She has a special interest in women's health issues, women's core conditioning, and is versed in sports specific training.

Ms. Donald is hungry to expand her knowledge and skills to evaluate, treat, and collaborate with healing disciplines to help clients thorough stages of healing and personal development. Her goals are to become a Licensed Massage Practitioner, to complete the Fourth Level of CHEK certification training, and to pursue study in Physical Therapy. She is successfully developing her "Studio 122" exercise training facility and wishes to foster multiple modalities of wellness care for her clients.

I have been singularly impressed with Monica's level of knowledge of anatomy, form and function, and her instinctive understanding of kinesiology. She has a natural gift, good hands, and a fine intelligence and curiosity for learning.

Ms. Donald is active in the Seattle community as a volunteer at the Austin foundation for Youth and Fitness. She has organized a series of fun outdoor group health activities called "Take a Hike" which will provide trail walking experiences this summer.

Ms. Donald has exemplary personal qualities, possesses the highest integrity and strong work ethic, is congenial and has a stable temperament and good humor. She is highly respected by her peers and consults effectively with other health disciplines.

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