



Lori's Journey - Living A Full Life



Hello! My name is Lori Douma and I am a client at Push to Walk. In February 2001, I became paralyzed due to an unknown cause at the time. My diagnosis is Transverse Myelitis and about a year following the paralysis the cause was finally diagnosed. I have Lyme Disease. **Over the past ten years, I have lived with being paralyzed from the waist down but the key here is that I have LIVED.**

In September of 2003, I went out to California to Project Walk for three months of training. However, with the high costs of traveling and having no family out in California, I came back home to NJ, had a physical therapist trained in the methods that Project Walk utilized and continued my rehabilitation at home. In January 2008, I stumbled across Push to Walk on the internet and to my BIGGEST surprise, it was one and a half miles from my home. I contacted them as soon as possible and my training began.

Even though I had continued my rehabilitation at home and at a variety of facilities, my exercise programs always fell a little short from what I had at Project Walk. Equipment always had to be modified, exercises were unable to be done effectively because of not having the right tools and I typically was the only one in a wheelchair. Now at Push to Walk that is all in the past. **My exercise program is tailored to me! The focus is on what I can do, what my goals are for the future and what the trainers challenge me to do.** Push to Walk has created a sense of family. The clients, trainers and staff are friends not a business. The friendships make the workouts fun but challenging. Cynthia often says when we are working out that she wishes she was out in the gym because it sounds like we are having fun. Ironically, despite all of the hard work we **are** having fun.

In 2003, I completed my Masters of Science degree in Speech-Language Pathology, have a successful career, and completed a certification in Applied Behavioral Analysis. I bought a home, got married, and gave birth to a BEAUTIFUL baby girl eleven short weeks ago.

I and all of the clients are blessed to have a place like Push to Walk to work out and have friends to care enough to help us reach our ultimate goals.

Please continue to help us reach our goals and LIVE LIFE! Your generosity is ALWAYS appreciated.

A Little Push Goes A Long Way!
Donate online at www.pushtowalknj.org

