



**LORILEI "ILEI" TINIO, NASM-CPT
PERSONAL TRAINER**

**SOUTH SEATTLE COLLEGE
SEATTLE UNIVERSITY**

Ilei was born in Japan and grew up on the island of Guam. Living on the island for 16 years, Ilei embraced the "Hafa Adai" culture of welcoming everyone to the place she calls home. There she graduated from an all-girl local high school, the Academy of Our Lady of Guam, where she found a love for exercise, dancing, music, and community service.

Ilei made her way stateside in 2012 and lived in Orlando, Florida, where she engaged in hip-hop freestyle and choreography. This experience led to networking across the US in college dance communities, working for large competitions like World of Dance, and performing in the Amway Arena for the Orlando Magic.

During this time, Ilei also began her career in healthcare, taking on the role of a pharmacy technician. She enjoyed the rapport with patients in the retail pharmacy setting but ached to work with the community more closely. Her experience in the pharmacy and her interactions with the dancer community ultimately resulted in a passion for learning about preventative measures against injuries and common comorbidities. For this reason, Ilei sought work experience involving strength training, injury rehabilitation, and injury prevention and found physical therapy and personal training.

Eager to learn more, Ilei moved to Washington in 2017, hoping to find further experience in the physical therapy field. She began working with Mark Bouma as a front office representative/aide over four years ago and continues to take every opportunity to learn as much as possible from him and all of the therapists she meets. Ilei finds that one of the best parts of physical therapy and personal training is the ability to cater exercises to a community of patients that improve quality of life, a relationship intrinsically based on the support of clinicians and staff.

Ilei is now a mom of a growing toddler and calls Seattle her home away from home. The Lake Washington Physical Therapy company and her relationships with the residents in West Seattle and White Center give her a sense of community. These relationships have inspired Ilei to set forth a new pursuit—to finish her Bachelor's degree in Kinesiology at Seattle University and apply to Doctor of Physical Therapy programs after graduation.

Personal training has provided opportunities to draw from her knowledge from her National Academy of Sports Medicine certification, education from the Seattle University Kinesiology program, and overall life experiences; from motherhood, the dance floor, the pharmacy, and the physical therapy field. Ilei aims to provide quality medically-based exercise programs to her future clients by continuing her education in exercise science and being a welcoming source of support as her clients seek to achieve health-related goals.

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