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USPTO stresses the importance of fitness in honor of Women's History Month - (03/24/2008)

In celebration of Women's History Month, the Office of Civil Rights recently invited personal fitness trainer Walter Lewis to come to the USPTO to teach employees his signature warrior mentality fitness workout during a special session in the USPTO Fitness Center. The hour-long session started with a mild walking warm-up, but quickly escalated to more challenging exercises and workout routines.

During the fitness training, Lewis taught 31 participants how to unleash the warrior within by teaching a combination of weight training exercises, speed and agility drills, kickboxing moves, and much more. Shay Karls, a patent examiner in Technology Center 3700, said "Walter knows his stuff and he can definitely kick you into gear.";

Lewis also offered exercising tips, saying, "If you want to build muscle, incorporate weight training. To reduce stress, go outdoors, get moving, and do low impact walking if you are just starting a fitness routine." Lewis, a former USPTO employee having worked in Technology Center 1600, the Office of Public Affairs and the Office of Corporate Planning, is now the owner and founder of Awesome Physique. He specializes in using the outdoors as the foundation for empowering women and men to experience a shift in their way of thinking toward fitness and exercise.

The fitness training workshop ended with all the participants coming together in a circle with an empowering shout of "Shift the Mind to Transform the Body."



Personal fitness trainer Walter Lewis leading a group of fitness trainees in an intense floor exercise targeted to flatten the stomach during a Women's History Month celebration at the USPTO Fitness Center in the Knox Building.