



# Congrats! My City Wellness Awards Winners 2019

## Sumit Gupta, PT

**Occupation:** Physical Therapist, Michigan Physical Therapy Associates, Flint

**Education:** 1990 Graduate of the Physical Therapy Program from IPH, New Delhi, India

**Special Training:** Certified in McKenzie Mechanical Diagnosis, MedX Certified, TPI Medical Certification; dry-needling certified, BFR certified

**Affiliation(s):** APTA member

### When did you know you wanted to be in health care?

I cannot remember a time when I did not want to be in the healthcare field. I grew up in an environment that fostered compassion and encouraged intellectual growth. I had a head for science, so at some level, it was a natural choice.

### How did you choose your field?

The field chose me, and it was a match made in heaven.

### What is the most rewarding thing about your profession?

It has allowed me to practice in different countries; India, Britain and America. The last 29 years of experience in the field allows me to apply outside-the-box thinking to solve complex problems. The most rewarding thing is getting to reduce the suffering of my patients and improve their quality of life. Vice versa, interacting with people from different walks of life has had an equally strong impact on my life.

### What is your number one piece of health advice?

The body thrives on activity – feed it! Movement is the essence, embrace it. Keep moving my friend, keep moving.

