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SENATE JOINT RESOLUTION NO. 402

Offered February 13, 2017

Commending Linda L. Leightley.

Patron—Petersen

WHEREAS, 72-year-old Linda L. Leightley of Fairfax is a record-setting powerlifting competitor and shining example of how it is possible to achieve and maintain physical fitness at any age; and

WHEREAS, Linda Leightley competed in her first 100% Raw Powerlifting Competition at the 2014 Potomac Challenge, where she set state and national records; and

WHEREAS, from June 2014 to September 2016, Linda Leightley set six world records at the 100% Raw Powerlifting Federation Competitions for her age and weight categories; and

WHEREAS, Linda Leightley's world records in the Age 65-69/132 pound weight class are 473.9 pounds in the powerlift trio (squat, bench press, deadlift) and 248 pounds in deadlift; and

WHEREAS, Linda Leightley's world records in the Age 70-74/132 pound weight class are 525.7 pounds in the powerlift trio (squat, bench press, deadlift), 271 pounds in deadlift, 99.2 pounds in bench press, and 59.5 pounds in strict curls; and

WHEREAS, a native of Newport, Rhode Island, Linda Leightley works full time as deputy commissioner of the revenue for the City of Fairfax; and

WHEREAS, Linda Leightley joined a local gym and hired a trainer when she was in her early 60s, in an effort to increase her physical fitness and lose weight; and

WHEREAS, Linda Leightley dropped 35 pounds and four dress sizes in one year, thanks to her regular workout routine and eating five small meals a day; and

WHEREAS, when Linda Leightley turned 65, her trainer encouraged her to take up powerlifting, and since that time she has continued to train and powerlift four hours a week; and

WHEREAS, Linda Leightley plans to continue participating in powerlifting competitions, and she advises others that it is never too late to begin a physical fitness regimen and to get in shape; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby commend Linda L. Leightley of Fairfax on her spectacular record in competitive powerlifting; and, be it

RESOLVED FURTHER, That the Clerk of the Senate prepare a copy of this resolution for presentation to Linda L. Leightley as an expression of the General Assembly's admiration for her amazing commitment and exemplary example of achieving physical fitness at any age.

INTRODUCED

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