



**DR. JEFFREY M. KING
CLASS OF 1979**

Jeffrey King was born in Norristown, PA and eventually settled with his parents and siblings in Point Pleasant in 1964. He started his schooling at Ocean Road School and graduated from Point Pleasant Borough High school in 1979. Jeff had many athletic interests and wrestled both his freshmen and sophomore years. During this time, Jeff was introduced to weight training and took great interest in this endeavor that allowed him to keep fit, exercise his athletic interests, and work. He worked out in a home gym with his friends from high school who shared the interest in weight training. Jeff became involved in bodybuilding and started competing in events in his junior year in high school and was spurred on by his early successes. His senior year, Jeff won the Teenage Mr. New Jersey and won his class nationally at both the Teenage Mr. USA and Mr. America competitions.

After graduating, Jeff continued his education at Springfield College, in Springfield, MA, obtaining his BS in Health and Fitness and graduating Magna Cum Laude in May, 1983. He also became a member of the international education honor society, Kappa Delta Pi, and was selected one of the Outstanding Young Men of America, 1983. Jeff then moved to Missouri to continue his education at Logan Chiropractic School, and prior to starting school, he competed for what he thought was one last bodybuilding event, the Mr. America competition. He won this in

1983, and then was crowned Mr. Universe in London, England two weeks later. School was put on hold and he pursued the life of a professional bodybuilder for seven years, traveling the world and managing his own business. In 1987, Jeff obtained his Strength and Conditioning Specialist Certification and developed a computer software program for the health and fitness industry.

At 29 years old, Jeff realized his body would not last forever and knew he needed to pursue a lifelong career. Jeff chose the field of Physical Therapy, and in 1992, he graduated from Springfield College with his MS in Physical Therapy, graduating Summa Cum Laude at the top of his class. He stayed to live in Springfield, and worked for various health care clinics, both treating patients and managing clinics. He acted as head strength and conditioning coach for Springfield College sports and some professional hockey teams. During his Master's Program, Jeff met his wife, Wendy, who is also in the medical field, graduating from the Yale Medical School as a Physician's Assistant, and who is now working in Spine and Sports Medicine.

Jeff moved to the rural hills of western Massachusetts in 1993. He completed his Doctorate in Physical Therapy in 2005, graduating Summa Cum Laude. He currently works for a small community hospital managing rehabilitation services, specializing in spine and sports medicine, and still sees patients daily. He also attended and graduated from the Basic Reserve/Intermittent Police Academy in 2005 (where he received an Academic Achievement Award) and currently works part time as a police officer for the towns of Buckland and Shelburne, MA. Jeff and Wendy have 3 children, twin girls Hunter and Paige who are 8 years old, and a son, Palmer, who 6 years old. He keeps busy with his family and his multiple hobbies - fishing, hunting, Cub Scouts Den Leader and taxidermy - to name a few.