

Participant of the Month April 2007

Name:

Aviance Lauderdale

Position:

Lobby Officer

A Fitness Center Participant Since:

March 2005

Avianace's Accomplishments:

I've dropped four dress sizes in the past three months and lost 50 pounds. I have changed my diet around where I am eating better and keeping things in moderation.

Goals:

To be 170 pounds at the end of the year. I have a goal of being more healthy and staying healthy.

Current Focus:

Cardio for at least 1 hour and weights for a ½ an hour every time I go to the gym. My diet.

Favorite Activity:

Spending time with my family and shopping. When it comes to the gym, I like to do the elliptical and treadmill.

Most Difficult Activity:

The stairmaster. Oh! It hurts so bad.

Keys to Success from Aviance:

Make a lifestyle change when you start exercising. If you fall back and stop exercising, you have to come back and hit it harder. We are all human, sometimes we slip up and sometimes you just want a cheeseburger and don't care about the calories. Once in a blue moon does not hurt because you want to reward yourself. Then you have to get back in the gym and hit it hard. Take your time when working out, but go day to day and stick with it.

From the Staff:

Aviance is an inspiration to all the participants in the fitness center. The fitness center offers fitness assessments and orientations to all participants. Our fitness center has ellipticals, treadmills, recumbent and stationary bikes, Nautilus weight equipment, Olympic free weights and more. Aviance has taken advantage of the benefits of our fitness center. The fitness staff applauds Aviance for her commitment to exercise and lifestyle change. Visit our website:

boeingsealbeachfitnesscenter.com for more information or to sign-up for a fitness assessment.