

## Participant of the Month July 2007



Ruby Ross-Gilliam was raised in Carson California and is now residing in Orange County. Ruby received her associate degree from Cerritos College and graduated from the University of Phoenix with a degree in business management. After completing school Ruby worked as Patent Administrator for 20 years before coming to Boeing. She has been at Boeing for 7 months now and continues to work as a Patent administrator. Her hobbies include gardening, reading, cooking, and walking.

Ruby is actively participating in many of the programs offered by the Seal Beach fitness center. She has attended many lectures and Health fairs and she has also taken advantage of the free fitness assessment. Along with getting her fitness assessed, Ruby also received an exercise program tailored specifically to help her achieve her goals. She works out three days a week for two hours per day. Her training program consists of 30 minutes of cardiovascular training on the treadmill or the elliptical, followed by an hour of weight training with free weights and stretching. She then finishes off her day with 30 more minutes of cardio training. Ruby is also a regular in the Ab Blaster class offered Mondays, Tuesdays, and Thursdays. Ruby spends three hours walking every Saturday morning. Since she started her exercise program Ruby has decreased a dress size and has lowered her high blood pressure and cholesterol levels.

With the success from her training she now wants to add another day to her program making it four days at the gym. She would also like to participate in the evening Intro to Step class on Tuesdays and Thursdays and the Pilates class on Wednesdays. Her goals now are to decrease two more dress sizes by the end of the year, continue to reduce her high blood pressure and cholesterol levels, and stick to her training program.

*Since my interview with Ruby, she has stood by her word and has already achieved her goal of attending the aerobic classes. She has taken both Intro to Step and Pilates in the same week and continues to put in two hours of training. Ruby is working hard toward her goals and with her drive and determination she can achieve anything she sets her mind on. Keep up the hard work!*