

Participant of the Month June 2007



“Energy and persistence conquer all things,” these are words from one of the great American pioneers, Benjamin Franklin. For the Seal Beach Fitness Center Participant of the Month for June 2007, Julia Delgado is a perfect example of Mr. Franklin’s quote. Julia’s drive and attitude toward maintaining her health and fitness exceed many expectations of those twice her age. Her energy and persistence have shined brightly throughout the last 30 years

at the Boeing Seal Beach campus.

Julia was born in Chihuahua, Mexico where she lived for the first 15 years of her life. She then moved to Southern California where she has lived her entire life, except three years when she lived in Pennsylvania. Julia received her Bachelor of Science degree in Business Administration from the University of La Verne. She worked at the Seal Beach campus in Information Systems where she issued and kept track of information security for the company. Julia worked here for 30 years until December of 1992 when she retired.

Before there was even thought of a fitness center or fitness trailer here in Seal Beach, Julia and a group of 7 women began exercising with an instructor in one of the old warehouse buildings in the 60’s and 70’s. After they finished their exercise routine they would go out to the track and run one mile. They continued with this exercise routine until the fitness trailer was established.

An amazing fact about Julia is that she has been exercising almost her entire life with her rheumatoid arthritis sitting in the back of her mind for about half of those years. Until about 1 ½ years ago Julia participated in every lunch time aerobics class, even the very intense step aerobics class offered on Fridays at lunch. Unfortunately, due to her doctor’s advice Julia had to slow her workouts down for health reasons. But despite the rheumatoid arthritis and other health issues, Julia does cardio 5 times/week and participates in aerobics classes 2 days/week.

When Julia is not exercising she enjoys spending time with her 3 sons and 3 grandchildren. She enjoys coming to the gym and exercising to help her stay in shape and healthy. Julia believes exercise helps to keep the mind clear and the body healthy and in shape as we grow older. She also enjoys traveling with her husband Larry where they travel to the High Sierras twice a year.

Julia wishes more people would take advantage of the gym and the services offered so people would live healthier lives. Her persistence and energy shine every day she walks into the fitness center. She would like to leave us with some words of encouragement, “Respect one another and we will always have peace!” Congratulations!