



“It’s tough, but just keep on what you do and stick with it. If you fall down, just get back up.” Those are the words from one of September’s Participant of the Month and the winner of the 2009 Weight Loss Challenge, Kathy Romero.

Kathy Romero has worked in the Accounting Department for the Boeing Company for twenty-five years. Residing at the Seal Beach site, Kathy has also worked in El Segundo, Long Beach, and Huntington Beach.

She began her academic career at USC and focused her studies in Accounting and Spanish for two and half years. She later transferred to National University in San Diego and received her Bachelors of Science Degree in Accounting. Kathy spent most of her life in Southern California and now currently lives in Garden Grove, Orange County.

Kathy has been a member of the Pedometer Club since 2008. Her daily goal is to complete 10,000 steps. On days where she falls short of her goal, she would hop on the treadmill to finish her last steps. With great use of her pedometer, Kathy joined and conquered this year’s Weight Loss Challenge coordinated by the Seal Beach Fitness Center. Throughout the ten-week course, Kathy decreased her body weight by ten percent. In addition to Kathy’s competitive drive, she was also motivated by the continuous support and encouragement from two of her co-workers, Jennifer Johnson and Lupe Yabur who were also part of the Weight Loss Challenge. The combination of Kathy’s disciplined low carb /high protein diet and adequate water intake were also keys to her success.

During her time off, Kathy enjoys the outdoors. One of her favorite activities is mountain biking. During her family vacations, Kathy loves to visit Big Bear and Carbon Canyon where she finds the downhill bike rides to be pleasant. She loves the glorious feeling of the wind striking her during acceleration. Kathy is also an avid football fan of the USC Trojans and Pittsburgh Steelers games. Although Kathy has done some traveling around Europe, she plans to visit her husband’s country – Colombia, South America.

The Seal Beach Fitness Center would like to congratulate Kathy Romero for being one of September’s Participants of the Month and the 2009 Weight Loss Challenge Winner.