



Here lies a favorite quote from our August Participant of the Month – Mariella Hernandez. "Each person comes into this world with a specific destiny - he or she has something to fulfill, some message that has to be delivered, and some work that has to be completed. You are not here accidentally - you are here meaningfully. There is a purpose behind you. The whole intends to do something through you." — **Osho**

Mariella Hernandez has been working for the Boeing Company for two years. She started as an intern in May 2007 and currently holds the Industrial Security Rep position. Mariella is currently a candidate for her Bachelors degree in Business Management and Operations Management from CSULB. Mariella is also in the process of starting Pepperdine University to pursue her MBA focusing on International Business.

Born and raised in East Los Angeles, Mariella is a Southern California native. She has lived in cities such as Bell Gardens and Lakewood over the years. Currently, she resides in the city of Long Beach.

Mariella has been using the Fitness Center since her internship. Her routine revolves around cardiovascular (seven days/week) and strength training (three days/week). On the weekends, Mariella runs fifteen miles around her neighborhood. One of her favorite exercises is the "lunge." She can perform 200 repetitions without stopping. In addition, Mariella is a Group Exercise Instructor at the Seal Beach Fitness Center. Certified by Zumba creator, Beto Perez, she teaches the "Zumba" class Monday nights from 5:30pm – 6:30pm and Thursday afternoons from 3:30pm – 4:30pm.

Growing up, Mariella was an active individual. In high school and in college, Mariella was part of the track and field team and participated in various long distance events such as the 10,000M, 5,000M, and two mile runs among others. She also played organized soccer and played the forward position for a year. When she was fourteen, Mariella ran her first marathon- The L.A. Marathon and finished tenth in her division. Outside of sports, Mariella has volunteered off and on in Skilled Nursing Facilities and Hospitals for five years. She then became a personal trainer and focused on preventative care in order to prevent people from ending up as one of the patients whom she had seen during her volunteer work.

Mariella loves to travel. Her most recent adventure was to Costa Rica. While in Costa Rica, she went on jungle safaris, water activities such as snorkeling and kayaking, and various outdoor ventures. Being active with church, Mariella has gone to numerous destinations for the Catholic World Youth Day – Rome in 2000, Toronto in 2003, and Germany in 2005. In 2008, she was a spectator during the British Open and spent a week and a half in Liverpool, England. In addition to her countless European visits, Mariella has stepped foot in Madrid, Spain and three times in Italy. Among her notable traveling excursion was Quebec, Canada. While in Quebec she lived with a Quebec family on a farm and experienced the "village life." Her seven years of

conversational French has helped her communicate with the family during her stay. Besides traveling, Mariella enjoys spending time with her family, cooking her favorite Guatemalan dish – Pepian, and last but not least, Latin Dancing such as Samba, Merengue, and Punta.

The Seal Beach Fitness Center would like to recognize Mariella Hernandez as August's Participant of the Month. Congratulations!