

## Participant of the Month February 2008



Louanna Dorazio works as a Systems Cost Estimator in the Space and Intelligence Systems, Parametrics Group here in Seal Beach. Louanna was born and raised in New York and in 2003 she moved to Seal Beach when she was recruited by Boeing after she graduated from Rensselaer Polytechnic Institute with a BS in Industrial Engineering. Within Boeing Louanna has moved among other programs and positions before she was recommended for her current position.

Louanna recently completed her Master's of Science degree from California State University, Long Beach in Engineering Management.

A few of her hobbies are, traveling, reading, working out, and volunteering at her church. School has consumed most of her time for the past year, spending four nights a week focusing on her studies. When Louanna is not studying she enjoys reading and will sometimes find herself lost in a good book. *The Chronicles of Narnia* by C.S. Lewis and *Black and Blue* by Anna Quindlen are a few of her favorite books. Every other month Louanna travels to the east coast to enjoy the company of family and friends.

Louanna became aware of the importance of fitness as a competitive swimmer in high school. Unfortunately, after high school and due to the challenges of intense studies Louanna ceased to workout and as a result of her sedentary lifestyle, she began to gain weight. In February of 2007 she decided to get back in shape and shed those extra pounds. Louanna started off by joining Weight Watchers and made plans to attend the Boeing Seal Beach fitness center (which is located directly behind the building she works in) four days per week. She also wanted to participate in the lunch time group exercise classes but felt uncomfortable until Judy (one of the group exercise instructor) motivated and guided her during class. *"It was great because it was a real kick start to my weight loss, we did things I would never think of doing on my own and the class routines change daily."* Louanna uses the group exercise classes to compliment her workouts she does on her own. **Since February 23, 2007, she has lost seventy pounds.**

Her current workout routine starts with twenty minutes of cardiovascular warm up then she moves on to group exercise class for an hour, which is where she does her strength training, then completes her workout session with twenty additional minutes of cardiovascular exercise. Louanna performs this routine for four days per week, but would like to accomplish an additional day of exercise. As a swimmer Louanna never really liked to run, but has noticed that it yields the best results and she *"gets fulfillment from running."*

Her goals in February 2007 were to lose sixty pounds, be healthy, and happy with herself. Her new goals now are to, train for a 5K or 10K, or compete in a triathlon.

Louanna has been selected as the Participant of the month for February because of her achievement and dedication to her goals. She started in February and is living proof that resolutions are attainable. Here are a few words of encouragement from Louanna to help you kick start your New Year's resolution. *"If I can get in shape like this, anyone can."* *"I never thought I could run a mile."* *"Its small victories that keep you focused, Adding thirty seconds to a cardio routine, losing five pounds at a time and increasing speed slowly over time."* Remember to set small goals, and take small steps because they lead to big achievements.