

Paul Su is January's Participant of the Month

Paul Su is a Senior Manager of I.T. at the Boeing facility in Seal Beach. He has worked in the aerospace industry for 24 years. Paul was born and raised in Taiwan and moved to the United States in 1978 to obtain his Master's degree in Civil Engineering at the University of Kansas. After obtaining the MS degree, Paul was offered a job and moved to California in 1981. He joined Rockwell International in 1984.

While working for Rockwell in Downey Paul began playing basketball at the Rockwell Fitness Center. Paul likes to stay fit, have fun in order to stay young. After an injury sidelines him from basketball, Paul took up playing pool and once a week he ballroom dances with his wife. Paul's 84 year old father is still ballroom dancing and is the star at parties. Paul sees the quality of life his father has through being active and how vital activity is to staying young.

Paul recently took a trip to Tibet which was incredible and difficult at the same time. Due to the fact that the City of Lasha is 12,000 feet above sea level, Paul's body had a difficult time acclimatizing to the difference in altitude. There is only 60% of the oxygen level than that at sea level and he experienced extreme fatigue and nausea which took a toll on him physically and mentally. At such extreme altitudes Paul learned that the body doesn't need many calories to sustain life and to digest excess calories puts extra burden on his already low energy level.

Over the past year Paul has lost 10 pounds. His weight loss tip is to be patient and take small steps such as eat less and exercise more then it becomes a habit for staying on the road to good health. Paul runs on the treadmill and weight-trains three times a week for an hour and a half each session at the Seal Beach Fitness Center. Paul also performs a series of stretches that he goes through every morning and evening.

Congratulations to Paul Su for being January's Participant of the Month.