

Participant of the Month July 2009



Ted Cowan is a Network design engineer and has worked for Boeing for 30 years. He was born in Thunder Bay, Ontario, Canada. His family moved to the United States when he was 8 years old.

Ted served in the Army for 4 years and was a Green Beret running black ops for part of a two year duty in Viet Nam. Ted's combat action in Viet Nam left him disabled. Some of the honors that Ted received during his "tour" was a combat infantry badge two Purple Hearts, a Silver Star, a Bronze Star V (V depicts Valor), 3 Air metals and the fact that he is very proud of his fellow Green Berets and the 2 Presidential citations they share.

Ted's heroes are all military personnel, fire fighters and police officers past present and future. He would like to thank all of them for their service.

Most people use their disabilities as an excuse not to exercise but Ted doesn't use his disabilities as an excuse **not** to work out, he uses them as a **reason to** work out.

Here are his top three reasons fitness is important:

1. To overcome his disabilities.
2. No male in his family that has lived to be older than 67 and he wants to be the first.
3. To keep up with his 6 children and "currently" 9 grandchildren with only 3 of his children married. He's sure there will be many more grand children and is looking forward to many great Christmases in the future. He says he needs to buy a larger home for all the sleep over's and get together.

Ted's workout routine is 2 hours a day 4 times a week. He weight trains in the morning then runs between 4 – 10 miles depending on how he is feeling.

Working on jig saw puzzles helps him relax. Some of the other activities he enjoys are cycling, running, and swimming with his two German shepherds.

Ted's words of encouragement is: "Vary the things you do so you don't get too burned out on your exercising."

Congratulations to Ted Cowan for being Boeing Seal Beach Fitness Center Participant of the month of July.