

Participant of the Month June 2009



Kelly Romero is an IT Project Manager/Systems Analyst for S&IS Proprietary Tools. He started with Boeing nine years ago and entered as a Business and Planning Analyst. Kelly received his Bachelor of Science in Business Administration with a double option in Management Information Systems and Management Systems Analysis from Cal State Northridge. He received his Software Architecture Certification and will complete his

Project Management Certification next month from UCI through the Learning Together Program.

Last year Kelly completed his first Triathlon in Mission Bay, San Diego finishing third in his age group. The Triathlon involves swimming 400 meters, biking 15 kilometers, and running 5 kilometers. Kelly trained six weeks before the competition. His training consisted of 3 to 4 days per week of swimming, 4 days per week of running, and very little bike training. The only bicycle training that was done was at the Fitness Center.

In 2006, Kelly took first place in the Huntington Beach Bench Press Competition, pressing an impressive 275 lbs in the 160 lbs weight class. Kelly was unable to compete in the 2007 and 2008 contest due to a shoulder separation injury while mountain biking.

During the summer of 1995 in Oxnard, CA, Kelly became a hero. It started as a normal summer day at the beach. Kelly and his girlfriend were relaxing on the beach when they noticed a crowd of people screaming hysterically from a distance. With adrenaline pumping and some fear of the unknown, Kelly sprung to his feet and began a sprint toward the crowd. Kelly received some experience as a swimming pool life guard and swim instructor for the Oxnard Parks and Recreation Department while in high school. He swam about 150 yards through choppy water to the 225 lbs (non-swimmer) victim, who slipped off a sandbar and got pulled by currents toward deeper waters. Kelly eventually pulled him to safety to find that he was completely blue and unconscious. Kelly performed CPR to revive the victim until paramedics arrived. Kelly received a commendation award from the City of Oxnard Mayor for the Ocean Rescue of a Drowning Citizen.

Kelly has been using the Fitness Center for five years. His current workout routine consists of five days of training per week, 45 to 60 minutes per session. Kelly participates in the lunch time CrossFit class here on Mondays and in Huntington Beach on Thursdays. In order to incorporate at least three days of Crossfit, Kelly runs through the CrossFit routine on most Saturdays at a local fitness park. On Tuesday, Wednesday, and on an occasional Friday, Kelly weight trains different muscle groups. He rotates between different muscle groups to allow sufficient time for growth and recovery and to avoid overtraining. Kelly appreciates working for a company that promotes Health and Wellness by providing the services of the Fitness Centers.

Kelly also enjoys outdoor activities. You can routinely spot him playing pick-up basketball both in Seal Beach and Huntington Beach, mountain biking or fishing. A few of his favorite biking spots are in southern Orange County and Malibu. Kelly also enjoys wakeboarding and jet skiing while camping lake-side during the summer. In the winter, snowboarding is Kelly's primary activity. Other than sports Kelly love the mental escape he gets from reading. Kelly prefers to read business, computer, or psychology related books. Kelly likes meeting new people and loves creating positive memories with family and friends. He enjoys being silly in attempts to put a smile on his kids face.

Congratulations Kelly Romero for being selected as the June Fitness Center Participant of Month.

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” – Edward Stanley