

Participant of the Month March 2009



Diana Law has been working for Boeing for over five years as a Software Engineer in Tactical Systems. She graduated in 2003 from University of California, Irvine with a Bachelor of Science in Information and Computer Science. She is currently pursuing an MBA degree with a focus on International Business at UCLA and has one quarter left, which she will complete this spring at the Chinese University of Hong Kong as an exchange student.

Diana enjoys being active. Her current hobbies are snowboarding, tennis, hiking, traveling, and salsa dancing, but she enjoys anything that keeps her moving. Other activities that she has previously experienced and enjoyed are zip-lining, parasailing, jet-skiing, SCUBA diving, snorkeling, horseback riding, and glacier trekking.

She has been snowboarding for eight years and likes to “keep up with the boys”. Diana’s favorite snowboarding spot is Mammoth Mountain, but she has also been to Salt Lake City, Lake Tahoe, and Colorado. Whistler, a ski resort in Canada, is on her list of places to snowboard.

Diana loves to travel and has been to 16 countries around the world. She enjoys trips that involve being active. Her latest trip in December 2008 was to South America where she covered Patagonia in Chile and Argentina. There, she traveled to Chile's famous Torres del Paine National Park and hiked the “W” circuit. She completed the 40-mile trail in four days hiking through wind, rain, and snow. Diana also previously conquered Huayna Picchu in Peru and an active volcano in Guatemala. Other hiking sites that she enjoyed are Diamond Head and Manoa Falls in Hawaii, trails in Banff National Park in Canada, and local spots here in California. She hopes to be able to go to New Zealand and Tibet soon.

Diana has been using the Seal Beach Fitness Center for over five years. She recalls using the gym when she first started working at Boeing and was stationed in the trailers next to the gym. At the time, the Fitness Center did not have any elliptical machines, which was something she was hoping for. She started with a basic routine that involved abs and running. Since then her knowledge of fitness and exercise has broadened and her exercise intensity has increased.

Her current exercise program is three to five days per week for an hour. For three years, she has been taking Deanna’s Step class on Tuesdays and Thursdays from 5:30 – 6:30 pm because it incorporates both cardio and strength training and because the music makes the workout fun. “Exercising consistently is a must, but from my experience, after a while, you don't get the same results if you don't incorporate some change and keep it challenging. When your normal routine starts to feel too easy, change it up by adding something to increase the intensity.” Diana recently began taking Cycling classes with

Beatrice twice a week. On off-days, she alternates between yoga, to increase flexibility and improve balance, and strength training, to increase bone density and overall muscular strength and endurance. In the summer, she tries to bikes to work three times per week.

She is now an avid user of the fitness center and participates in many of our programs, such as the FitClub, the Nelson 5k, Cycle and Step Aerobic classes, Countdown 2 Summer, Spring and Fall Cardio Challenge, Health Fairs, hydrostatic weighing, and many Lunch and Learn Lectures.

Congratulations Diana Law for being selected as the March Participant of the Month.