



“The best way to get a rise out of me is a challenge!” Those are the words from our May’s Participant of the Month, LaVerne R. Gilliam. LaVerne has been working for the Boeing Company for 33 years. Since June of 2007, she has held the position of Manager in Patent Administration.

Born and raised in St. Louis, Missouri, LaVerne relocated to Southern California in September 2003. She currently resides in Orange County – Brea. In two years, LaVerne completed her Bachelors of Science Degree in Legal Studies at the University La Verne. Before receiving her degree, she earned a certification as a Paralegal.

LaVerne has been an active user of the Seal Beach Fitness Center since January 2007. She’s been dedicated to exercise after attending a training class at the Boeing Leadership Center in St. Louis. LaVerne works out seven days a week for duration of one to two hours a day. While inside the Fitness Center, her routine revolves around the cycle and group exercise classes. She attends three morning cycle classes throughout the week, partakes in the Stretch, Balance, & Strengthen class every Friday morning, and the 15/30/15 class on Tuesday and Thursday afternoons. Throughout the week, she modifies her workout routine to push herself. In addition, LaVerne challenges herself with programs such as the Spring and Fall Cardio Challenge held at the Fitness Center.

Her accomplishments include a half-century bike ride in Palm Springs and the Long Beach Marathon bike tour. This summer, LaVerne will take part in another half-century bike ride around the L.A. coastline. Since the opening of the Cycle class at the Fitness Center, LaVerne has shaved two and a half hours off her previous time. On Saturdays, LaVerne interval trains for a minimum of twenty miles and forty-five miles on trail routes.

Aside from using the Fitness Center, LaVerne hikes once a month. Among the trails she hikes are Peters Canyon in Orange and Anza-Borrego in San Diego. Alongside hiking, she enjoys reading and participates in jazzercise.

Some words of encouragement from LaVerne – “At the end of the day, it’s not what you see on the scale, it’s how you feel at the end of a workout.” “Just get up and find something that you’re passionate about and enjoy what you’re doing.”

The Seal Beach Fitness Center is honored to have LaVerne R. Gilliam as the Participant of the Month for May 2009. Congratulations!