



The Seal Beach Fitness Center would like to recognize Twila Bing as the Participant of the Month for the month of May as well as one of the winners of the 2010 Weight Loss Challenge.

Twila's advice for future Weight Loss Challenge participants is to "set a concrete goal for yourself." During the ten-week program, Twila modified her diet and portion control of her meals. Twila is now on a low glycemic diet, which naturally encourages the consumption of vegetables and

no empty calorie foods. Her next goal is to be her old self by summer.

Born in Los Angeles, Twila has been working for the Boeing Company since 2005 as a Programmer Analyst. She currently lives in the city of Huntington Beach with her husband and two daughters.

Twila has been using the Seal Beach Fitness Center for six years. She is a regular participant of the lunch group exercise classes – sculpt, cardio circuit, and cycle. She trains 4 to 5 days a week for the duration of 60 minutes. Among her fitness related accomplishment was the Long Beach Half Marathon in 2006 and the Catalina Buffalo Half Marathon trail run in 2007. Now that her daughter is a year old, Twila is considering on partaking on the 2011 Catalina Buffalo Half Marathon.

In addition to her accomplishments, Twila has lost ten percent of her post baby weight. With the contribution of the Weight Loss Challenge, she modified her diet and exercise. According to Twila, "either one [diet and exercise] alone wasn't having much of an impact. Therefore, she avoided all refined foods: sugar, flour, bread, rice, etc. and replaced them with vegetables.

Outside of the Fitness Center, Twila is fond of photography, scrap booking, cooking, traveling, and chasing her two daughters. She enjoys taking pictures of her family and creating them into scrapbooks. Before the birth of her children, Twila and her husband had the pleasure of traveling. Her most recent adventure was in 2008 where she traveled in Asia – Cambodia and Singapore. To add on to her Asia trip, Twila has been to Egypt, Jordan, Turkey, Germany, and Peru.

Congratulations Twila Bing for being this month's Participant of the Month and the 2010 Weight Loss Challenge winner. Job well done!