

Participant of the Month October 2010



Audrena Cheung-Liu was born in Hong Kong and moved to the United States when she was 7 years old. She currently resides in Irvine. She received her Bachelors and MBA from UC Irvine. Audrena has worked for Boeing in Seal Beach for the last 13 years as a Business Analyst.

Audrena has completed 2 marathons and 1 half marathon and is hoping to run more marathons in the future.

Before having children, she and her husband would spend a lot of time at the gym. But after having children, it became difficult to squeeze in a fitness routine after work. The Fitness center has enabled her to continue her fitness regimen during lunch. "It has been invaluable!" She also has been using the Fitness center to lose her pregnancy weight for both her children and also to maintain a healthy lifestyle. She exercises 5 days a week for 45 to 60 minutes per session. She runs 4-5 miles on Mondays, Tuesdays, and Thursdays. On Wednesdays and Fridays she participates in the Cardio Sculpt class taught by Beatrice. She occasionally takes a cycle class to mix up her routine.

Audrena has utilized the Boeing Seal Beach Fitness Center since 2002. While using the Seal Beach Fitness Center she has lost 45 pounds after both pregnancies and will continue to use the fitness center to maintain a healthy lifestyle.

With Audrena, staying active is a family affair. She and her husband try to stay active. She tries to inspire her children to live healthy lives. Her 7 year old son has started running with them on the weekends.

Some of Audrena's hobbies are cooking, wine tasting, hosting dinner parties, running, and traveling. Before having children, she and her husband traveled to Europe and Asia and hope to continue to do so when her kids get older.

Audrena's words of encouragement are: "I realized after the second pregnancy that it was harder to lose the weight I had gained. So in order to lose the weight, I decided to alter my diet and increase the amount of cardio activity such as running. It didn't happen overnight and I have to continually work at achieving and maintaining my goal."

A bit of advice from Audrena is, "staying healthy and losing weight is a simple equation. Diet alone cannot help you lose weight or stay healthy. You have to exercise. Your output (exercise) needs to keep up with your input (diet)."

Congratulations to Audrena for being Octobers Participant of the Month at the Seal Beach Fitness Center.