

*LONG BEACH FITNESS CENTER SHOWCASE  
PARTICIPANT OF THE MONTH ~ December, 2010*



Stephanie Morris is an Aircraft Structure Mechanic and has worked at Boeing for nearly 25 years. Stephanie recently began using the fitness center - in February of this year. She told herself on New Year's Day this was her year to get in shape! Shortly after stating her goal, she learned she needed to have surgery on her right knee. Many would take that news as a set back and give up on their goal, but not Stephanie Morris! During her recovery and physical therapy training, she found the exercises led her to a consistent pattern and regimen of activity.

Her new found discipline was deepened after her annual medical check up. Her doctor advised Stephanie that she was on a fast track to incurring high cholesterol, glucose and blood pressure levels and ultimately diabetes. He was in fact surprised she was not already diabetic. Stephanie's weight at that time was 242 lbs. Stephanie took that news to heart and got serious about getting the weight off. "I started coming to the fitness center every day that the doors were open and I have not missed a day since February 8, 2010." Stephanie set her goal weight at 140 lb, and she is only 15 lbs away from achieving her goal!

At the age of 40 Stephanie had been running 3 miles, 3 times a week. But in 2002, she suffered an emotional set back due to the loss of her mother and best friend, Yolande McMiller, who also worked at the Boeing company. Grieving her loss, hindered Stephanie's interest in fitness, and by the time she turned 45, she found herself no longer conditioned to run 3 miles, and carrying excessive pounds of body weight.

Stephanie, now age 53, maintains a workout routine that consists of about  $1\frac{3}{4}$  hours, 5 days a week; Saturdays she rides her bike at home and Sundays she takes off. Besides her exercise program, Stephanie monitors her fat intake. "I learned after reading [Making the Connection](#) by Bob Greene (Oprah Winfrey's personal trainer) how much fat I should be ingesting daily to lose weight. I try to stay within 20 to 35 grams of fat a day. Also I don't eat anything 3 hours before I go to bed."



Stephanie's current focus is to stay healthy and keep working out. Stephanie suggests to others wanting to lose weight to "Write down everything you eat for the day, stay within your level of fat grams per day, cut out all sugars, fried foods and fast foods, and try not to eat 3 hours before bed. Above all, workout 1 or more hours, 4-5 days per week!" Here at the Fitness Center we couldn't agree more!

Congratulations Stephanie for demonstrating the stamina and willpower to achieve your tremendous goal! We're proud of you and pleased to honor you as the Long Beach Fitness Center Employee of the Month!