

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Name: Alex Camez

Years at Boeing: 22 years

Position: K2J Mechanic (Structural Mechanic)

How long using the Fitness Center: Since Opening

Fitness Counselor: Millie Sweesy



Recent Accomplishments: Along with a total weight loss of 165 lbs, Alex's body fat is currently at 17%. His blood pressure dropped from 140/90 to 120/75. He no longer suffers from borderline diabetes, sleep apnea, knee, ankle or back problems. Alex is now able to run 2 miles, can climb stairs without heavy breathing, lifts weights daily, and performs abdominal exercises.

Goals: To continue to stay healthy by eating right and exercising. To be a motivator and a mentor to others who are in the same position I was, and want to change their lifestyle. To be active with my young kids and nephews in sports like basketball, baseball, volleyball, and swimming; and to run a marathon at least once.

Current Focus: My family, my new lifestyle of fitness & healthy eating, and continual progression of my workout routine.

Favorite Activity at the Fitness Center: Showering when my workout is over!

Most Challenging Activity: Bench Press, because of a past shoulder injury, and the Treadmill.....I dread it.

Suggestions for new fitness center users: In order to prevent injury, try not to rush your workout. If you don't have time, do less of your workout. Re-rack your weights after you use them! Nobody likes putting away other users' weights before using the rack or station.

Millie's Comments: Alex's dedication to life change is something we can all learn from, and he is a remarkable motivator to our entire team at the Fitness Center.

Alex is a perfect example of someone who begins to see results, gets hooked on health, and then becomes even more motivated to continue and surpass any goals set prior to beginning exercise. He serves as a positive role model to anyone who desires to improve themselves.

Most of all Alex is a Fitness Center favorite because he always has a smile to share, an upbeat attitude, and a great sense of humor.