

Long Beach Fitness Center Employee Showcase

Cliff Tanigawa has worked at Boeing for 20 years as an Industrial Hygiene and Safety Specialist in the Environment, Health and Safety Office. For the last 15 years Cliff has been on the C-17 Program.

Prior to the Fitness Center opening, Cliff wanted to join a gym, but there were no gyms close to where he lives, did not want to pay the membership fees and did not have the time for regular exercise. Having a full service fitness center on-site removed these obstacles.



Cliff began using the fitness center when it opened in July 2006. For the first year he proceeded at his own pace and did not see much improvement. Also, Cliff began to have concerns regarding his blood pressure and cardiovascular fitness. He then scheduled an appointment with a fitness center employee to develop an exercise program. The fitness counselor created a program to combine 30 minutes of weight training and 30 minutes of cardio training for each session. His cardio program includes the use of the treadmill, elliptical, recumbent bicycle and stair stepper. His weight training is focused on free weights. He commits 3 to 4 days a week to exercise.

Away from work, Cliff coaches boys basketball. The team members have commented that "Coach Cliff" is getting more buff for an old guy. Even though he is shorter than the boys he coaches, he is stronger and can keep up with them. His ultimate goal is to lose 10 pounds.

Cliff urges employees to use the Fitness Center, get a fitness assessment and work at your capacity. Don't try to make working out a competition, this may cause injuries. To encourage employees to participate in the Fitness Center, he and Parry Havelaar created Milton, "The Exercise Moose." The mooses', placed throughout the plant, notify employees of upcoming Fitness Center Events.

Congratulations to Cliff for being selected the December fitness center participant of the month! It is well deserved. Keep up the good work! See you at the fitness center.