

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Name: Don Snow

Years at Boeing: 22

Position: Lead Engineer on OBIGGS II Project

How long using the Fitness Center: 7 months

Fitness Counselor: Andrew Mogensen

Recent Accomplishments: When I started coming to the fitness center, my main goal was to improve my cardiovascular conditioning. My cholesterol was border-line high (about 210) and I knew that would improve if I just got a little more exercise. Andy helped me design a program where I came in three times a week that focused on cardio, with some strength training as well. After just a few weeks, my endurance and speed on the elliptical trainer had increased dramatically. After 2 months, I had my cholesterol checked and it was under 150.

After three months, Andy and I got back together and decided that my cardio had improved to the point that I could reduce that emphasis and focus more on strength training. We adjusted my program and I started to get stronger almost immediately. My bench press has increased from 90 to 165 lbs, my lat pull from 80 to 150 lbs, and my leg press from 170 to 410 lbs.

I've also tried to reduce sugar and fat from my diet (and make sure I get enough carbs and protein) and to get enough sleep. This has helped make my exercise time more effective. My body fat has decreased from 24 to 18 percent and I feel like my health is much better.

Goals: I want to get stronger over the next couple of months and then focus on endurance and flexibility

Current Focus: Total body strength training

Favorite Activity: Core Training Class on Wednesday afternoon. My back doesn't hurt anymore.

Most Difficult Activity: Core Training Class on Wednesday afternoon

Suggestions for new fitness center users: My left elbow started to hurt a few weeks after I started. I later realized that I wasn't keeping my wrists straight when I did dumbbell curls and that was stressing the tendons in my elbow. Because it took a few weeks to realize what was causing the problem, I further aggravated the injury and it took a while for it to heal. The lesson I learned was to make sure you're using correct technique, even if it means using lower weight at first.

Andrew's Comments: I could not be happier for Don. It is his hard work at the fitness center, along with an improved diet, that has produced the results mentioned above. Not only are the measurable differences (improved cholesterol, body composition, strength) impressive, but I've also seen a notable difference in his confidence level as time has gone by. Perhaps the most impressive thing with Don is the volume of exercises that he's not only properly learned and retained, but mastered. Not only does Don have his routine in the weight room, but he also takes advantage of the group exercise classes the fitness center offers. This adds variety to his exercise program, which is a key component to any good program. It's been a pleasure to work with Don and I look forward to seeing him continue to progress as he moves closer and closer to his fitness goals.