

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Name: Frank Worden

Years at Boeing: 14

Position: Systems Administrator

How long using the Fitness Center: 7 Months

Fitness Counselor: Andrew Mogensen



Recent Accomplishments: Since attending the Fitness Center the past 7 months I've accomplished the following; lost 50+ lbs, no longer need medication to control my cholesterol, plantar fasciitis (foot pain in both feet) almost completely healed, stamina has improved, went from a 44" waist to a 36" (equivalent to 4 pant sizes).

Goals: Lose 50lbs, lower cholesterol, reduce the effects of plantar fasciitis, improve stamina, reduce waist by 6 inches. Achieved and/or surpassed all goals with proper diet and exercise (3x a week at the Boeing Fitness Center).

Current Focus: Lose 10 more pounds, maintain weight, gain muscle tone and definition, reach the top of the charts for both Fitness & Pedometer Clubs (currently 60% completed in each).

Favorite Activity: Tennis, Fitness Center Challenges (Catalina Cardio Challenge, K2 Challenge, etc).

Most Difficult Activity: Elliptical Trainer(I'm not much of a runner).

Suggestions for new fitness center users: Set yourself a goal and a timeframe to achieve it. Do not get discouraged if at first results seem slow coming. If weight loss is your goal, be consistent, a reasonable diet and regular work outs will yield best results.

Andrew's Comments: Frank has been a fitness center favorite since he started coming 7 months ago. What he's been able to accomplish, from a fitness standpoint, has been remarkable. He is proof that good things will inevitably happen if you exercise consistently, are sensible about what you eat, and have the discipline and patience to allow the changes to occur. He has been an inspiration to both his co-workers and fellow fitness center users. In fact, it's been brought to my attention that he is the main reason several of his co-workers are now taking advantage of the facility. It's been a real pleasure knowing Frank and watching him transform into a fit and healthy individual. There is no doubt in my mind he will reach every one of the fitness goals he has laid out for himself.