

**LONG BEACH FITNESS CENTER
SHOWCASE EMPLOYEE PROFILE**

February 2008



Greg Park, a Boeing Avionics Engineer for 20 years, began using the Long Beach Fitness Center seven months ago. Greg's inspiration to begin his fitness quest was a result of a 4 month physical activity restriction due to hip surgery along with too much snacking leading to, as he states, "My expanding waistline!" Greg knew he needed to change course, and with a friend's invitation, he made his first trip to the Fitness Center. Greg was inspired by the new equipment, cleanliness and no membership fee ~ how could this deal be any better? After a green light okay from his doctor Greg was ready to get back into the gym life.

Greg has now transitioned from wearing XL to size Medium, or to be more specific, he's lost thirty pounds, bringing his body fat from 30% down to 24%. He wakes up feeling more rested, and has more energy throughout the day,

His goal is to get back to the body size and weight he was during his college days, when he pedaled his bike for 3000 miles through Canada & Alaska. Greg knows his goal is within reach, and he's well on his way.

Greg's favorite and most challenging activity is the Cross Fit class. He enjoys the variety of each class and the freedom to work at the intensity he chooses to match his strength goals, as well as the enthusiasm from other participants which helps him maintain his determination to complete each set.

He suggests "Make an appointment to see one of the fitness counselors. That's an incredible and free benefit. They'll teach you how to use the equipment, as well as set up a tailored exercise plan to help you get results."

Greg is always with a smile and pleasant word, and we salute him in his accomplishments and dedication to his health and positive lifestyle changes! Congratulations to Greg as our February Fitness Center Showcase Employee!