

Employee Showcase
November 2008

Kevin Craig, a C-17 Avionics Project Manager, has been a Boeing employee for 23 years. “Staying in shape has always been a big part of my life”. Growing up Kevin was involved in many different physical activities. He played a variety of sports including high school baseball and track. During high school, Kevin began to pay close attention to his physical size. He came to the conclusion that his smaller stature limited his ability to compete with larger athletes on his team and those from other schools. For this reason, Kevin began weight lifting to increase his size and strength so he could gain a more competitive edge on the field.

Lifting weights in eventually led to his love for bodybuilding. While his peers followed more traditional pro athletes, Kevin began idolizing two of the world’s most well known professional bodybuilders. Pioneers like Arnold Schwarzenegger and Frank Zane played an important role in motivating Kevin to become the experienced lifter he is today.



Since the opening of the Long Beach Fitness Center in July 2006, Kevin has been one of the most dedicated participants. Kevin currently performs three resistance training routines a week. He trains 1-2 muscle groups per workout and always gives a day of rest in-between. Kevin creates his workouts and exercises based on knowledge gained over his 30+ years of weight training. Because of his well balanced program, Kevin has been able to stay in excellent shape maintaining a body fat percent of 12 most of his life.

Staying active at such a young age instilled the importance of fitness in Kevin’s life. Outside of the Fitness Center Kevin tries to stay active as well. Today he enjoys jogging, playing recreational basketball, and hiking. In part Kevin has been able to maintain this active lifestyle because of healthy eating. He tries to eat as “clean” as possible, incorporating wide varieties of fruits, vegetables, whole grains, and lean meats.

One of Kevin’s most recent accomplishments is bench pressing 225 lbs for three sets of eight to ten repetitions. He accomplished this despite a long time shoulder injury. Kevin also had knee surgery 5 years ago, and has rehabilitated his legs to be just as strong as they were 20 years ago.

Kevin has a few suggestions for new Fitness Center users: “No one is too busy to workout. Individuals who say they are too busy are not making it their priority. Beginners should start off easy and let the body adjust to exercise gradually. Too many times beginners start working out too hard, too fast, and encounter the discomfort of being sore. In many cases this leads to them quitting. Results are based on 1/3 exercise, 1/3 diet, and 1/3 rest. Over emphasizing any of these components could lead to potential burn-out”.

Congratulations to Kevin Craig for being selected the Boeing Long Beach Fitness employee of the month.