

*LONG BEACH FITNESS CENTER
SHOWCASE EMPLOYEE PROFILE*

Name: Joel Rochlin

Years at Boeing: 18

Position: Senior Engineering Scientist

How long a Fitness Center member: 6 Months

Fitness Counselor: Stacy Madsen

Recent Accomplishments:

- Lost 20 pounds
- Triglycerides, down 100 points from 150 to 50 !!!
- LDL down 12 points
- HDL up 14 points from 40 to 54.
- Total cholesterol down 20 points to 134.



The above was also accomplished with a substantially modified diet per Weight Watchers. Lots of salads, no fad diets, and no starving!

Goals: Stay fit and trim, live to 90, keep an active life, keep looking 10 years less than I am, and travel a lot with walking for sightseeing

Current Focus: Maintain 5 days per week, (including weekends). I am trying for 6 days per week.

Favorite Activity: Treadmill

Most Difficult Activity: Pull-ups

Suggestions for new members: Start gently. I started with the goal for the first two weeks of 5 minutes on the treadmill only. That got me into the routine of coming to the Center, changing, exercising, showering, dressing, and going to work. Build up slowly. After 6-9 months of working out, the amount not done during the slow ramp up is negligible. Also see if a friend or co-worker can join you. I had a co-worker who already worked out that I could talk about my experiences with everyday. He also encouraged me.

Stacy's Comments: Joel's approach to adding in exercises gradually really worked well with his personality and afforded him great results. He wanted to focus on achieving proper form on a few exercises before he added more. He would also ask advice on ways to change his program to keep it fresh. Changing your program every 4-6 weeks keeps your body from hitting a plateau. Joel also knew that if he wanted to see changes in his energy level, blood work and appearance he needed to revamp his diet. Participating in Weight Watcher's really helped him see results in all those areas.

The staff at the Long Beach Fitness Center has noticed positive changes in Joel's appearance, posture and confidence level since he began working out.