

Employee Showcase

Christine Hamrick, a Boeing employee for three years, currently works as a Product Data Management Specialist. Prior to working for Boeing, Christine worked for Nissan and maintained a fairly sedentary lifestyle both after work and on the weekends.

On her 30th birthday, Christine could not believe the amount of weight she had gained over the previous ten years. She believed that her weight was controlling the way she felt both physically and mentally. On that day, Christine made one of the most important decisions of her life. She decided from that moment on she would make drastic changes to her everyday lifestyle.



Christine has been using the Fitness Center as her primary source of exercise for the past 16 months. She works out five days a week and tries to stay as active as possible on the weekends. Her workouts at the Fitness Center consist mainly of cardiovascular routines including Cardio Kickboxing and Cycle. On weekends, Christine performs high knees, box jumps, and sprinting because it adds variation to her weekly routine.

During the last 16 months Christine has lost 91 pounds. Her weight loss has come as a direct result of frequenting the Fitness Center, weekend activities, and eating properly. She not only accomplished her original goal, she surpassed it by more than 50 pounds. One of her greatest accomplishments has been being able to fit into a single digit clothing size. In the past Christine struggled finding clothing that fit, now she can't stop shopping.

Christine's current fitness goal is to increase muscular strength and endurance by learning to use all of the different weight lifting machines the Fitness Center offers. When Christine has questions regarding proper technique or what exercises are best for a particular body part, she always asks the Fitness Center staff for help because she knows they are experts in health and fitness. Christine, also an active member in the FitClub, participates in many of the Fitness Center lectures and seminars.

Christine was selected as the June, 2008 Long Beach Fitness Center Showcase Employee for her hard work and determination in accomplishing her health goals. She has made fitness a way of life and continues to better herself and the lives of others around her by inspiring and motivating them to succeed in everything they do. Christine now lives by the words "You'll never get what you wish for, but hard work will get you what you truly want". Congratulations Christine and good luck continuing to reach your goals!!!