

Employee Showcase Profile Long Beach Fitness Center April 2008

Kim Vichienukul is a Boeing employee who has worked for the company for the past twelve years. Kim is currently a Product Data Management Specialist working in Long Beach. Since the grand opening of the Long Beach fitness center in July 2006, Kim has been one of the facilities most active employees. Kim's commitment and dedication to improving her health has been second to none.



When Kim began working out on a regular basis she wasn't sure how to go about selecting exercises that would be most beneficial for her. With the assistance of Andrew and Jason she learned how to develop a well balanced exercise program to go along with an improved diet. According to Kim, her energy level increased almost immediately and she was, "hooked" on working out. Recently, Kim has seen an increase in her total body strength, as well as an increase in her lean body mass. She has lost inches off her waist and greatly increased her joint flexibility thanks to participating in yoga classes at least two times per week. Kim has improved her diet by trying to eat healthier during the week, and occasionally splurging for one meal at the end of the week. However, Kim has now become accustomed to eating healthy food throughout the entire week.

Kim believes that her mind and body need to be in sync in order for her to continue improving her health. Her positive attitude toward exercising and eating healthy have contributed greatly to her success. Variety in her workouts has also helped Kim stay motivated. She enjoys participating in yoga, salsa dancing, and kickboxing classes at the fitness center. Each of these activities helps improve a different aspect of Kim's lifestyle. According to her they all have one important thing in common. "They're all fun!".

Kim suggests that new fitness center users should set short term achievable goals that can be measured over time. All you need is the determination to reach these goals. You should choose exercises that will help you accomplish your specific goals and work at your own pace. "We can't start over from the beginning, but we can start from now and change our ending. Take action immediately!" Kim always enters the fitness center with a smile on her face and she has participated in nearly every activity the center has offered. Congratulations to Kim Vichienukul on being selected the Long Beach employee of the month for April 2008. See you at the fitness center!