

Boeing Long Beach Fitness Center  
Member showcase profile October  
Mark Emanuelli

Mark Emanuelli has been a Boeing Employee for 19 years. He is currently a manager for the C-17 aircraft systems engineering department. Mark began attending the Long Beach Fitness Center in July of 2006. He had his first fitness assessment in January 2007, which inspired him to commit to a more structured fitness routine.

Mark has participated in a majority of the incentive programs offered at the fitness center; including the Catalina Cardio Challenge, K2 Resistance based training challenge, and the Tour de Long Beach. Mark also enjoys outdoor functional training which was influenced by the Spring Sports Conditioning program. While participating in several programs, Mark not only expanded his knowledge of fitness but also gained the confidence to participate in one of the most challenging group exercise classes offered at the fitness center: Cross-Fit.



Mark's original fitness goals were simply to be able to climb a flight of stairs and to have enough energy to play with his children. By committing to his original workout program Mark has been able to take his goals to another level. In the upcoming year he plans to complete a 6 minute mile and join a mini marathon team.

Though the path has been difficult, Mark has overcome obstacles of health and fitness with the support of his fellow employees and the fitness center staff. He has surpassed his original goal and taking on new and more challenging endeavors.

"It took me 20 years to get into the shape I was in, so it's OK to take a few years to climb out. Don't pressure yourself to make huge changes in only a few months." Mark Emanuelli.

From all the staff at the Long Beach Fitness Center, we would like to congratulate Mark Emanuelli for his hard work and dedication for fitness and health on being this month's employee standout.