

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Gerry Prendergast, a regular Fitness Center user since it opened, has been employed with Boeing as a Flight Test Engineer for 20 years. Looking at Gerry, he appears the epitome of health and fitness. This is because he is dedicated to having a general sense of well-being and accomplishment, which in turn keeps him striving for more.



Gerry's life has always had an element of some kind of recreation and sport. As a kid, Gerry played the usual city sponsored sports and after-school activities. He started working-out at a local YMCA gym at age 13, began playing tennis at age 17, and has continued working out in some form or another to this day. Gerry enjoys a good run or long bike ride whether in the mountains or on the street, and has completed the occasional 5 or 10K run; he's even completed a $\frac{1}{2}$ marathon and a triathlon. But whether competing in races or playing tennis, Gerry's motivation in maintaining his fitness level is so that he can continue to partake in all the activities he so enjoys as he gets older.

The benefits of fitness are more than just skin deep for Gerry. "I've always enjoyed challenging myself, particularly physically. The mental rewards always out-weigh the physical."

Gerry looks at life challenges as opportunities to learn and grow. Even after a motorcycle accident left Gerry with a torn ligament in his knee, he elected not to have surgery. Instead he collaborated with his doctor to rehab his knee and continued to maintain his fitness level throughout the process. Today he continues focusing on keeping his knee healthy, allowing him to maintain his level of fitness and avoid surgery.

Although Gerry's dedication to health and fitness may seem ingrained, he continues to drive himself, inspired by others in sports such as an Olympian's discipline and sacrifice to train and compete at the level they do.

Gerry's favorite activity in the gym is Cross-fit training. In all his years he hasn't found anything that worked him out harder in the small amount of time a class session takes.

"The physical fitness level I've attained is nearly as high as I had in my twenties, and useable in many different ways. By that I mean I've built my stamina to where I could bike or run as long as I want, my coordination and strength has also been maintained or improved. Things like pull-ups or push-ups are easier."

He recently completed the Camp Pendleton 10K Mud Run through the Marine obstacle course, not an easy feat! And with a goal to maintain a healthy body and mind as long as he can, we think Gerry is right on track!

Gerry's suggestions for new fitness center users: "Take advantage of all the resources and activities at the center. You'll meet new friends, improve your fitness level and feel better for it. Challenge yourself and try something new. Keep changing your routine."