

Employee Showcase
Participant of the Month
April 2009

The Boeing Long Beach Fitness Center wishes to extend a warm congratulation to this month's Fitness Center Standout, Art Kenahan. Mr. Kenahan has been with Boeing for 23 years and has been a regular fitness club participant since it opened in July 2006.



A regular fitness enthusiast since youth, Mr. Kenahan grew up playing hockey, wrestling, and running cross country and outdoor track. Although a recent shoulder injury threatened to interfere with his workout routine, he has not let it slow down his efforts to maintain his commitment to fitness. He is proud to report that he is slowly getting back to the performance level he enjoyed prior to his setback and has even lost 12 pounds in the process! He credits his success to the fitness center staff and insists the guidance they have provided has made all the difference.

Mr. Kenahan's current goals are to maintain a healthy body weight and keep his blood pressure under control. He would also love to lose 5 more pounds and target the always troublesome side obliques. The best advice he can offer to new and continuing fitness center participants is to stay motivated and stick with it. He emphasizes that "If you feel like you are getting burned out don't be afraid to take a day or two off. Just be sure you come back. Changing your routine every once in a while also helps. Take full advantage of the Fitness Center Staff and their fitness expertise, they are there to help you reach your goals and answer any questions you may have."

Thank you, Mr. Kenahan, for inspiring others and maintaining such a realistic fitness philosophy. We commend your success and look forward to your continued progress.