

# Long Beach Fitness Center Employee Showcase March 2009

The Boeing Long Beach Fitness Center would like to recognize Melissa Arreaga as our Employee Participant of the Month for March 2009. Currently, Melissa works as an Analyst/Developer and has been with Boeing for six years. Although an active fitness center user since October of 2007, for the past year, "Mel" as she is known at the gym is also one of our most popular group exercise instructors. Specializing in many variations of dance, ranging from Latin to Ballet, Melissa has helped attract a new group of Boeing employees to the fitness center.



Melissa has been physically active since childhood; having participated in soccer and basketball. Dance has always been a motivating factor to keep her living healthy. "Dancing is a huge passion of mine and I LOVE doing it. I can take 4 dance classes a day and be exhausted after, but still feel great!" One key factor in making exercise and healthy living a part of our everyday life is to find an activity, as Melissa has, that you enjoy doing. Not only does Mel have fun when dancing, she gets a great workout without feeling bored.

Currently, Melissa has become a member of the hip hop dance group, Movement Project. Her focus is to dance competitively and also be able to complete the Orange County ½ Marathon in May. "Find something to work up to and make a commitment to meet that goal." Having a realistic goal in mind keeps you motivated to get through the tough days.

"Latin Dance" classes are taught by Melissa two evenings per week at the fitness center and the number of participants continues to grow. The entire staff would like to thank and congratulate Melissa on being selected our Showcase Employee for March, 2009. See you at the fitness center!