

Boeing Long Beach Employee Showcase for October

Victor M. Vazquez Sr. is Boeing Long Beach Participant of the Month for October, 2009. Victor has worked at Boeing for 27 years, and currently serves as a Project Manager. Victor's past is full of athleticism including sports and recreational activities such as baseball, hockey, water skiing, and snow skiing. Victor's motivation for exercising stems from his desire to be healthy. Victor tragically lost a very close family member who was 52 years old, to heart complications. From that moment on Victor knew that his health was of utmost importance.



Victor began using the Boeing Long Beach Fitness Center in November of 2008; however, it was February of 2009 when Victor began using the Long Beach facility on a consistent basis. Victor currently has a workout regimen that consists of 3 days of cardio exercise and 2 days of resistance training. Victor also enjoys participating in group exercise classes such as Dance and Yoga. Yoga was an eye opening experience for Victor, for he found out that Yoga isn't just stretching, but a complete body workout. Victor has a great attitude toward exercise, and one of his favorite motivational quotes is, "whatever the mind can conceive, it will achieve". His positive attitude has paid Victor dividends not only increased self-esteem, but he often receives compliments on his fitness and overall appearance.

Victor has accomplished many personal goals throughout his lifetime, and achieving a weight loss of 35 pounds adds to the growing list of accomplishments. Victor attributes his weight loss to the Weight Loss Challenge, yet we attribute his weight loss to his determination and commitment to health. Currently Victor is continuing to lose weight by exercising at higher speeds and longer durations. Victor's goals include weight loss and increased muscle definition. Victor has committed himself to exercise, knowing that once his goals are achieved, maintenance will be necessary to continue his healthy lifestyle. Victor knows that eating a healthy diet, exercising on a consistent basis, and getting enough rest is a winning formula. "Just Do It", is a motto that has a lot of meaning to Victor, which is why he is our participant of the month for October 2009.

The Long Beach Boeing Fitness Staff is honored to have Victor on board. We congratulate Victor on his achievements, and encourage him in his future fitness endeavors.