

**Boeing Long Beach Fitness Center
Employee Showcase: March 2011
Chuck Lew**

The Boeing Long Beach Fitness Center would like to congratulate Chuck Lew for being selected the March 2011 Participant of the Month. Chuck has been selected for his outstanding commitment to exercise and fitness.

Chuck currently works as a Design Analysis Engineer for the C-17 program and has done so for the past 7 years. He received his B.S. in Engineering from Columbia University and a M.S. in Computer Science from Boston University. Since the opening of the fitness center in June of 2006, Chuck has been one of Boeing's most active and consistent exercisers.

Chuck's fitness path began at a young age through his passion for competitive sports and personal health. He currently attends the fitness center 3-4 times per week and participates in a variety of different fitness center sports including tennis, ping pong, 3-on-3 basketball, and volleyball on Wednesday evenings. "I still remember one time when I had a volleyball game and tennis tournament to play on the same a day. I put my tennis shoes on right after the volleyball game and was surprised that I was still able to move around the next day". His dedication to improving his personal health and helping teammates has really helped to improve his overall fitness. One of Chuck's greatest fitness center accomplishments was taking 2nd place in the doubles tennis tournament. Chuck's love for recreation and competitive sport has also been seen beyond the fitness center. He plays volleyball on Thursdays with co-workers at Heartwell Park, and in addition, he bowls Monday and Friday nights at Cal Bowl as part of the C-17 Sunset League with co-workers, family, and friends. "Our team has won back-to-back the last 2 seasons and are going for our 3rd win this year".

Outside of sport, Chuck participates in the Xpress Fitness class on Tuesday and Thursdays; he never misses a class. Since starting Xpress Fitness, Chuck has lost 15 lbs and has increased his energy and strength, which has helped to improve his sporting talents. Chuck's exercise routine consists of a variety of cardiovascular and resistance based exercises. He attributes his weight loss to staying consistent with his exercise (both sports and Xpress Fitness) and through modifying his diet. Chuck constantly instills the importance of exercise in the lives of his family and co-workers, often times bringing new members to the Fitness Center.

Chucks current focus is to continue to decrease body fat and improve his cardiovascular system. He plans to achieve this by performing regular weight training, low/high intensity cardio bouts, and recreational sports. His suggestion for new Fitness Center users is "Try Xpress Fitness. The class will give you a combination of resistance and cardio based exercises to help get you into shape. I never imagined that I would see so much improvement from 2-30 minute classes every week".

The Long Beach Fitness Center is honored to have Chuck Lew as the Participant of the Month for March 2011. Congratulations!!!

