

*LONG BEACH FITNESS CENTER SHOWCASE
JULY 2011 EMPLOYEE PROFILE*

Radica Scott is a Technical Analyst working at Boeing for 14 years. Radica began using the Fitness Center just 2 1/2 years ago; when she decided it was time to improve herself in health, weight loss and mental well being.



Radica grew up in South America where playing cricket was her favorite activity along with a close second of climbing trees with her brothers. Over the years after moving to the States, getting married and starting a family her fitness activities lagged. However, as her children were growing up, she began participating in and supporting their recreational activities, such as hiking, riding bikes, softball, and marching band. "My 2 kids are still very much into health and fitness. They inspire me."

Having health conscious kids continues to help Radica stay focused on her goals. She also finds inspiration from Jillian Michaels on the Biggest Loser. Her most recent fitness improvement accomplishment was losing 70 lbs of her 85 lb goal!! Radica has other goals as well. She is graduating with her MBA this year and is working toward becoming a volunteer mentor for middle school kids. "Teaching kids the importance of an education, self-esteem, and self-worth is one way I feel I can give to society." She would also like to start her own business, and learn to speak another language like Spanish or Vietnamese.

Radica says her favorite activities at the Fitness Center are the group exercise Cycle class and lifting weights, but we rarely see her miss a Plyo Interval-X or TaeBo® class, and those are her most challenging!



Radica's suggestions for new fitness center users: "Set an appointment with a fitness instructor to get started, set goals, stay focused and don't get discouraged. Surround yourself with people that support your goals."

Our hats off to you Radica Scott for your tremendous fortitude and drive in taking control of your fitness and your life! Congratulations on being awarded the July 2011 Employee Participant of the Month!