

**Boeing Long Beach Fitness Center  
Employee Showcase: September 2011  
Terralee Pettinger**

The Boeing Long Beach Fitness Center would like to congratulate Terralee Pettinger for being selected the September 2011 Participant of the Month. Terralee was selected for her outstanding commitment to exercise and fitness.

Terralee currently works as Engineering Non-Recurring Scheduling Manager for the C-17 program and has worked for The Boeing Company for 25 years.

Terralee's path for fitness began at a young age through her passion for competitive sports and personal health. She ran track in junior high and participated in girl's volleyball and flag football during high school. Currently, Terralee attends the fitness center 5 times per week and only misses a workout during illness or vacation. Some of Terralee's passions include playing tennis, volleyball, and baseball in her spare time and on the weekends. Another one of Terralee's passions is dancing. She recently attended Jazz and Ballet lessons with her daughters and participated in a studio dance show. Terralee also enjoys participating in the fitness center's "Just Dance" program on Wednesday nights from 6-7:00 pm. She likes the program because it offers variety in her exercise routine and because she gets to try a new style of dance every other week.

Terralee's fitness idol and motivator is her oldest daughter Lauren. Lauren received a B.S. degree in Fitness from California State University Long Beach and currently works as a personal trainer for the Belmont Athletic Club in Long Beach. Recently, Lauren suggested that Terralee become a certified personal trainer. In February 2011, Terralee started studying for the National Association of Sports Medicine Personal Trainer Certification. On July 2<sup>nd</sup>, Terralee passed her exam and became a certified personal trainer. She plans on using the certification to train family and friends in her spare time.

Terralee also participates in the Xpress Fitness class on Tuesday and Thursday mornings; she rarely misses a class. Since starting Xpress Fitness, Terralee has increased her energy, strength and endurance. Her overall fitness level has improved greatly. Terralee's exercise routine consists of a variety of both cardiovascular and resistance based exercises. She utilizes the fitness center track, group exercise classes, and weight training machines in her workouts. Her current focus is to continue to improve her core strength and be able to do body weight pull ups by the end of the year. Her biggest obstacles occurred in previous years when she continually neglected her workouts. Since losing 15 pounds after her re-marriage in 2008 she feels like she is back on the right track to achieving her fitness goals.

Terralee does have a few suggestions for new fitness center users "Find an activity that you enjoy and that is easy to participate in, take advantage of the free training, sign-up for the challenges offered throughout the year (i.e.: Catalina Cardio, K2, etc..) and lastly, find a friend to workout with so you both can encourage and motivate each other to reach you goals".

The Long Beach Fitness Center is honored to have Terralee Pettinger as the Participant of the Month for September 2011. Congratulations!!!

