

*LONG BEACH FITNESS CENTER SHOWCASE
EMPLOYEE PROFILE, JUNE 2009*

This month profiles 2 Boeing employees, Larry Medeiros and Peter Francis, to emphasize that you do not have to exercise alone.

Larry and Peter are workout partners. Their shared commitment keeps them on task and lets them lean on each other when needed. Peter and Larry have been frequenting the Fitness Center since it opened. You can see them pumping iron, Cross Fitting and more recently bending and stretching in Yoga classes. These 2 gentlemen motivate and inspire each other to reach higher fitness levels, and their dedication is contagious to many of their fellow Boeing employees.



Peter a Propulsion Project Engineer for 13 years and now a Modification Engineering Project Manager for 10 years, while Larry, a Proposal Board Engineer at MDC/Boeing for 29 years; have worked in the same or near departments for 17 years. However, they only became friends 1 year ago. Thanks to taking CrossFit regularly, a friendship has grown to include several other CrossFit attendees. Many of them also run El Moro or hike together on the weekends.

Playing football in high school and inspired by a "Rocky" movie over 30 years ago, Larry remains actively involved in fitness and recreation throughout his life. He enjoys trying the latest fitness trends. With his wife and 3 sons bicycling, sports, and weight training are a natural part of life. Larry has a gift for coaching others in his passion for exercise, and Peter is one of the many people to benefit.

Not much for athletics in school, Peter always admired those who were. When he learned to exercise, at the age of 18, he jumped right in at top intensity - the Army's required basic training! Over the years life's challenges came up; his time for exercise was often limited. Once introduced to CrossFit, he began anew.

As regular CrossFitters, their exercise *fever* has spread to 15K races, mountain hiking, 20 mile trail runs and Yoga! Both have lost significant body fat and pounds, and plan to keep on improving. CrossFit training "offers never ending challenges, new friends with common interests, and it's a lot of fun!"

Larry reminds new fitness center users "the hardest part of fitness is putting away your excuses/fears; it's a great way to reduce stress and improve the quality of your life." Peter hopes this showcase will "encourage at least 1 person to get out here and have fun because you do not have to do it alone; find a friend to join you, or take a class and make some new friends!" And he adds "Exercising is not easy, but it can be great fun with rewards beyond belief."

Congratulations to Peter and Larry, our June Fitness Center Showcase honorees!
The Fitness Center Staff salutes your incredible commitment and success!