

Long Beach Fitness Center Employee Showcase August 2009

The Boeing Long Beach Fitness Center would like to recognize Sunny Sizlo as our Employee Participant of the Month for August 2009. Currently, Sunny works as a Project Manager for the C-17 Program, and has been with Boeing for 22 years. An active fitness center user for the past 3 years, Sunny always brings a positive attitude and smile into the gym.



Sunny has been physically active since childhood; having been influenced by her parents, she learned at an early age the benefits of exercising and being active. Sunny briefly participated in gymnastics through grade school, but being outdoors has always been her focus. Biking, swimming, hiking, and more recently; riding her motorcycle has kept Sunny busy. What really keeps her motivated however is sharing her love of outdoor activities with her 7 year old daughter. Mountain biking and rock climbing have become regular activities in their family. Biking uphill is continuously challenging; but having her daughter riding alongside, or occasionally beating her up the hill, makes exercise, "Rewarding for the whole family!"

Another activity that has kept exercising fun has been the Coed Sand Volleyball League at the fitness center. Sunny has participated in the league for 2 years and been the constant leader of her team. Each season, Sunny's team would perform better than the last, and this year has been no different with "Team 911" reaching the Championship Finals for the first time.

Sunny's current focus is balancing her life with exercise and healthy living while continuing to be a great role model for her family and friends. The entire staff would like to thank and congratulate Sunny on being selected our Showcase Employee for August, 2009. See you at the fitness center!