

## EMPLOYEE SHOWCASE SEPTEMBER 2008



December 31st, 2007

Frank Sharkany has been working as a C-130 AMP Systems Engineer for Boeing for the past four years. For most of his life, Frank has always been active and healthy. However, over the last decade, he struggled to incorporate regular exercise into his busy schedule. “Commuting three hours a day made getting to the gym difficult, but once I moved closer to work, I was able to focus on healthy living again.”



August 14th, 2008

Frank was in the United States Air Force, so following an exercise program was something he was already accustomed to. In January 2008 Frank realized he had to start making serious health changes.

His blood pressure and body fat percent were affecting his everyday lifestyle. Over the next three months, Frank concentrated mainly on weight loss. Once Frank came to the fitness center in April, he had already lost 45 pounds! With his weight decreasing, Frank knew his next step was to incorporate resistance training and flexibility exercises into his workouts. Frank credits Leslie Sansone’s “Walk at Home” videos and Lindora’s at-home-meal plans for leading him on the right path. After completing a fitness assessment, Frank got to work on his new well-balanced exercise program. He integrates resistance training three days per week, with at least four days of cardiovascular activity. Frank not only saw results on the scale, but he also felt more energized each day he woke up.

In April, Frank’s body fat was 20%, and his blood pressure was still slightly elevated. After only four months of regular exercise and a healthy diet, he decreased his body fat by 2.5%. Also, Frank’s doctor informed him that he no longer needs to take blood pressure medication. The most difficult exercises in Frank’s routine are pull-ups and dips, but he focuses on pushing himself a little more with each workout. Frank’s next goal is to decrease his body fat to 15%. Frank brings a positive attitude to the gym everyday and he continues to amaze the fitness center staff. Frank is a perfect example of an individual who realized what the benefits of exercise and healthy eating can have. Congratulations to Frank Sharkany on being selected September’s Employee of the Month. See you at the fitness center.