

Employee Showcase  
May 2009

Galon Hollinsworth, a wire designer and installation engineer, has been a Boeing employee for the past 4 years. Galon received his B.S. degree in Electrical Engineering from Michigan State in 1999 and has been living in Long Beach for just over a year. During this time, Galon has taken full advantage of the Fitness Center, attending 4-5 times a week.



Growing up in Detroit Michigan, Galon was always interested in staying active and playing sports with his younger brother and friends. He idolized Julius Erving (Dr. J), a forward for the Philadelphia 76ers, hoping that he could one day play professional ball. In junior high, his coach recommended that he tryout for baseball in the Police Athlete League (PAL). After making the team, Galon surprised his family and friends by out performing many of the athletes during PAL basketball tryouts. His exceptional skills earned him a spot on the roster, where he excelled as a guard and eventually shared the court with former college basketball players. In his final year on the team, Galon and his fellow teammates made it to the 4 day Tournament of Champions in New York. They played with a great deal of heart, but unfortunately his team was eliminated in the second round.

Galon's love for sports throughout his youth contributed to his current passion for health and fitness. With less time to participate in organized sports, Galon began resistance training about 10 years ago. Today, he lifts weights 4 days a week and participates in group cycle 2-3 days a week. Galon's current fitness goal is to reduce his body fat percentage from 20.3 to 18.0. Since his last hydrostatic weighing, Galon has lost 10 pounds. He believes that if he continues to weight train, perform regular cardio, and improve his diet, especially on the weekends, he will achieve his goal of 18.0% by the next body fat test in May. Galon feels blessed to have avoided many of the obstacles that hinder others in the pursuit for good health and fitness. He thanks the Fitness Center staff for their exercise expertise and support in helping him stay healthy and motivated.

Other than fitness, Galon enjoys playing chess. He was a voluntary chess coach for the Detroit Public High School for six years before he moved to California. He mentions that, "the brain is a muscle and needs exercise just as much as the rest of the body".

Galon has one suggestion for new fitness center users: "Don't be afraid to consult the staff, they are very knowledgeable, helpful, and friendly". Congratulations to Galon Hollinsworth for being selected the Boeing Long Beach Fitness Center participant of the month.