



"To think too long about doing a thing often becomes its undoing." -Eva Young

Special
Congratulations to

**Kalinda Starr
&
Leonard
Whitehead**

For becoming the
Fitness Center's 2009
Participants of the Year!

Upcoming Events

January 2010

- Xpress Fit
- Basic Training
- Weight Loss Challenge
- Blood Drive
- Headache Lecture

February 2010

- Tour De Long Beach
- Dance Series
- Heart Lecture

March 2010

- Sand Volleyball
- March Madness Basketball Tourney
- Nutrition Lecture

Boeing Seal Beach Fitness Center Upcoming Events

January 2010

- Walking Club
- Xpress Fit
- Weight Loss Challenge
- Stroke Lecture
- Blood Drive

February 2010

- Dance Series
- Heart Lecture

March 2010

- Nutrition Lecture
- Pedo Club

Resolution Solution

Step 1: SIGN-UP

Stop by the Fitness Center and sign-up for a personalized fitness assessment or join one of our many programs. (See below)

Step 2: SET GOALS

Think of realistic goals you can achieve in a sensible amount of time.

Step 3: STICK WITH IT!

Adhere to your program. Make time for yourself to workout throughout the week.

Step 4: SUCCEED IN WHAT YOU DO

Follow the steps above and ask for help when you need it!



Weight Loss Challenge

New Year. New Goal. New Resolution. Lets get started! Long Beach Fitness center is hosting its 2nd annual Weight Loss Challenge. A 10-week program that tracks each individual's progress to lose body fat through healthy eating and moderate exercise. Weigh-ins begin January 18, 2010.

Fitness & Programs

Basic Training

Instructed, small group class designed to familiarize you with the fitness center equipment.

Call for available times.

Assessments

FREE, personalized private assessment and orientation. Covers strength, body composition, blood pressure, etc.

Make an appt. today!

Group X

Instructor lead class, range from Cycle to Tae Bo to Yoga. Offered at all times throughout the day.

Check schedule for a class that best fits you!

Xpress Fit

Too busy for exercise? Not enough time? A full body 30-minute circuit style training course is just right for you.

See back for schedule.

Employees in action!



Fit Club & Pedometer Club

2009 Top Fit Club Finishers

- | | |
|--------------------|----------------|
| 1.) Robert Navarro | 4.) S. Torres |
| 2.) Charlie Fong | 5.) Mike Cabot |
| 3.) Kevin Law | |

Sign-up for the 2010 Fit Club and earn points for completing your regular exercise routines. Earn enough points and you're eligible to receive fitness center incentives.

2009 Top Pedo Club Finishers

- | | |
|------------------------|---------------------|
| 1.) Lin Chong | 4.) Christina Avila |
| 2.) William Wassenberg | 5.) David Rousseau |
| 3.) Glenda Moore | |

Join the Pedo club for 2010, walk your way to better health, and earn fitness center incentives along the way. *pedometers available at the fitness center for \$7.00 purchase.*