

## *LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE*

### *July, 2010*



The Boeing Long Beach Fitness Center would like to recognize Bradley Yip as our Employee Participant of the Month for July, 2010. Bradley is currently a Financial Planning Analyst for C-17 GSP and has been with Boeing for over 7 years. For the last 3+ years, Bradley has been one of the fitness centers most involved participants both in the weight room and more often on the sand volleyball court. He and the rest of the "Legends" have recently completed an undefeated regular season in the Long Beach volleyball league and are hoping to finish strong in the playoffs and complete a perfect season!

Brad became interested in sports as a child having participated in soccer, basketball and golf, and over the years has taken an interest in roller hockey, softball, snowboarding, and his favorite activity, body boarding. Brad was motivated by a friend at work to try one of the cycle classes a few years back and quickly realized the positive benefits that exercise can have on a person's quality of life. "Since then, I find that the gym helps me redirect stress and remove myself from the office environment" he says.

When it comes to living healthy, Brad mentions a rather peculiar obstacle in his life. "Growing up with a mom that could cook really well was one of my biggest obstacles. I didn't have a choice but to eat, and eat well!" Brad's favorite activity is traveling and trying different types of food wherever he goes, but having a consistent exercise schedule makes him feel less guilty about indulging from time to time. When Brad decided to attain his MBA, the time commitment put a strain on both his active and personal life. Although graduate school was well worth the effort Brad is now happy to utilize the fitness center along with his wife Nanette, who can be found participating in many of the group exercise classes and cheering on Brad's team at the sand volleyball court.

Initially, Brad's routine consisted of regular weight training, although running continues to be his most challenging activity. Realizing that a balance between consistent exercise and a healthy diet are the foundation for living well, Brad has become more active in sports leagues in order to make up for the lack of traditional cardiovascular exercise and has recently completed his first 5+ mile hike in the San Gabriel Mtns. Brad's advice to new exercisers is to, "Set realistic goals for yourself and even though the results may not come as quick as we may like, stick with it! We all know that it's easier to bypass the gym after work and go home to relax, but once you get into the gym, I always feel 10 times better knowing I made the choice".

Brad always brings a positive and motivational attitude to the fitness center and the Long Beach staff congratulates Bradley Yip on being selected our July Participant of the month! See you at the fitness center!